



editorial

Emotional Well-Being

Before we jump into our latest edition, I'd like to welcome our new Editor-in-Chief, Prof. Ing. Simon G. Fabri, to **THINK**! An engineer by profession, Fabri is currently Professor with the Department of Systems and Control Engineering as well as Pro-Rector for Research and Knowledge Transfer. He has been instrumental in bringing this edition on Emotional Well-Being to life!

You're stuck in traffic despite your best efforts to leave early. Your hands grip the steering wheel tightly, and you clench your teeth in frustration. You grow indignant at the terrible road design; the motorist ahead of you has their hand dangling out of the window, and even that annoys you. Your mind begins racing, each impression riling you up further, your train of thought hijacked by anger.

Despite our best efforts, keeping our emotions in check is a daily battle. What makes it particularly challenging is that outbursts of 'negative' emotions (such as anger or sadness) are frowned upon. You're expected to keep your emotions in line, to suppress anything unpleasant stirring within you until you're in the privacy of your own home.

While we might admire people who can keep a level head, our emotions can give us the strength we need to tackle difficult situations. Righteous anger gives us the courage to face aggressors; sadness allows us to empathise with others; while disgust tells us when something is wrong or dangerous.

Emotions aren't something we ought to suppress, nor are they a source of shame. Our emotions are what add colour to our lives. Rather than letting them hijack our train of thought, we should learn to listen to them and pick up on the subtle cues they give us before they overwhelm us. Being in sync with our emotions is key to our well-being.

Prof. Ing. Simon G. Fabri

Editor-in-Chief

✉ simon.fabri@um.edu.mt

David Mizzi

Editor

✉ david.mizzi@um.edu.mt

find us online



To read all our articles featuring some extra content
thinkmagazine.mt



To follow our daily musings and a look behind the scenes
facebook.com/ThinkUM



To communicate with us and follow the latest in research news
twitter.com/ThinkUMtweets



To see our best photos and illustrations
instagram.com/thinkuni



To view some great videos
youtube.com/user/ThinkUni



To read all our printed magazines online
issuu.com/thinkuni

OAR@UM

Open Access Repository

For our archive from the University of Malta Library
um.edu.mt/library/oar

contribute



Are you a student, staff, or researcher at the University of Malta? Would you like to contribute to **THINK** magazine? If interested, please get in touch to discuss your article on think@um.edu.mt or call +356 2340 4438