

Understanding Mind-Body Influences

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Wendy Berry Mendes focuses her research on embodiment — how the mind and body reciprocally influence each other. Specifically, she looks at how the brain and body experience emotions, stress, and motivation and how physical responses influence behavior and decision-making. Her research looks at a wide range of topics from coping with stigma and discrimination, to the differentiation of “good” and “bad” stress physiology and how they influence decision-making, to mind-body relations across the lifespan. Mendes is the co-author of the book *Social Psychophysiology for Social and Personality Psychology*, and one of the 2011 recipients of the [Janet Taylor Spence Award for Transformative Early Career Contributions](#) from the Association for Psychological Science (APS).

[Q&A with Wendy Berry Mendes](#)