

This is what emotions look like in your brain

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CNN:

When you think you're letting your mind wander for a few minutes, your brain is actually lighting up with a range of emotions, according to a new study.

Researchers at Duke University's Center for Cognitive Neuroscience asked study participants to rest and think about nothing in particular while inside a scanner, like patients would for an MRI. They observed the peaks and dips of spontaneous emotions passing through the brain like clouds.

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"When people are letting their minds wander is when certain affective states can creep in, and it's a time when we can ruminate on prior stressors or we can get anxious about future events," said Kevin LaBar, study co-author and head of the university's neuroscience program.

Read the whole story: [CNN](#)