



# Human Emotions

SOCIAL CONNECTIONS AND PERSONAL WELL BEING

*Volume 2*

**Editors**

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# **Human Emotions Social Connections and Personal Well-Being**

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# FOREWORD



## FOREWORD

Human Being is well equipped with Cognition & Emotion both. Where as all other creatures are mostly governed by Instincts & Reflexes and that makes us inventive, creative and complex as well.

Undoubtedly, cognition has its supremacy in dealing with phenomenal world yet without emotion we are just like robots. Even machine can't function smoothly without lubrication and so is the case with human being. It is emotion that makes us so special & unique in this world. In personal, familial and social life emotions play a pivotal role in our life.

The lady duo (Dr. Soumya Pandey & Dr. Divya) has given picturesque description showing the importance of emotions in our life.

It is emotion which provides us a possibility of becoming Divine and Supreme Being.

I am sure that book is going to be of much use to those who are working in the field of human dealings more explicitly to young counselors & psychologist aspiring to connect with their clients, as well as enhancing their

quality of relationship in all walks of life.

Love & Blessings to both Authors.

(Prof. Krishna Dutt)  
Former Faculty, KG Medical  
University, currently Prof & Head,  
Department of Clinical  
Psychology, Era University,  
Lucknow also Founder of  
ASMITA: A Center of Slow  
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# PREFACE

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We humans are emotional beings. Our emotions, whether it's the happiness of sharing a laugh or the pain of rejection, shape our lives. However, our emotions are not independent entities; they are intertwined with our social connections, the complex network of relationships that connect us to others.

This book delves into the deep interplay between human emotions, social connections, and well-being. It explores how our feelings influence our interactions with others, and conversely, how these interactions impact our emotional well-being. We will discover how strong social connections can act as a shield against life's challenges, nurturing a sense of belonging and support that is vital for our overall well-being.

This exploration is not purely academic. By comprehending the intricate relationship between emotions, social connections, and well-being, we can equip ourselves with the tools to navigate life's complexities. We can learn to cultivate positive emotions, forge stronger connections with others, and ultimately, lead a life filled with greater purpose and contentment.

So, come along on this journey as we untangle the connections between emotions, social connections, and well-being. It's a journey that promises to deepen our understanding of ourselves and the world around us.

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## CHAPTER 3

### Emotional Health and Emotional Well Being

*Dr Jyotsana Shukla<sup>1</sup>*

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*“Not only do happy people endure pain better and take more health and safety precautions when threatened, but positive emotions undo negative emotions.”*

*-Martin Seligman*

#### **Abstract**

The present chapter distinguishes between emotional health and mental health. It talks about ways to achieve emotional health. The chapter emphasizes the role of emotional health in maintaining good and healthy relationships at home, with friends, family and at work-place. Optimum emotional health is crucial to overall well-being. The chapter discusses the outcomes of good emotional health.

#### **Introduction**

According to WHO mental health is *“more than the absence of mental disorders.”* It may take a lifetime to come to terms with your emotions. One’s emotional health is integral to one’s overall mental health. It is even more significant in the case of those who go through mental health related conditions and challenges. One can better deal with their mental health conditions and challenges, if they are in touch with their own emotions and can deal with these.

#### **Mental Health and Emotional Health**

The term Emotional Health is often used interchangeably with mental health. However, the two are different. Emotional health, according to Juli Fraga, *“focuses on being in tune with our emotions, vulnerability, and authenticity”*. Mental health is about specific disorders such as, depression, anxiety, bipolar disorder, addiction, and the disorders which

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<sup>1</sup> Amity Institute of Behavioural and Allied Sciences.

influence their thoughts, feelings, and behaviours. Mental health can affect a person's everyday life, relationships, and physical health. External factors in people's lives and relationships can also contribute to their mental well-being (WHO, 2024).

Emotional health is one's ability to be aware of one's feelings and manage them through challenges and change. Overall health includes physical, emotional, intellectual, social, and spiritual aspects. When they are in balance and alignment, human beings thrive. Each of these areas of life will influence the others.

Emotional health includes both emotional intelligence and emotional regulation. When appropriate emotions are experienced over a long period of time, it can be considered as emotional health. In an emotionally healthy state, one will experience positive affect on day-to-day basis and even in everyday affairs.

Human beings are capable of experiencing both positive and negative emotions. Emotional health helps us feel and express both types of emotions an intelligent manner. Emotional health also contributes to overall wellbeing. Good emotional health is integral to enhancing *“resilience, self-awareness, and overall contentment.”* Emotional health is not being happy all times. Having good emotional health doesn't mean that one is happy all the times, and you do not have negative emotions. It is about being able to manage and deal with all the vicissitudes of emotions.

### **Nurturing social connections**

Healthy social connections may help improve emotional, physical, and mental well-being. The way you feel affects all your important areas of your life, including your daily life, interpersonal relationships and overall well-being (House, Landis & Umberson (1988). It is being reported in scientific findings today that our social connections with our family members, relatives, friends, neighbours and others have an impact on our physical and mental health. It affects our physiology as well as psychology. According to one study, lack of social connection impacts our wellbeing more than smoking and obesity (House, Landis, &