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Human Emotions : SOCIAL CONNECTIONS AND PERSONAL WELL BEING

# Human Emotions

SOCIAL CONNECTIONS AND PERSONAL WELL BEING

Volume 2

Editors

Dr. Soumya Pandey  
Dr. Divya R. Panjwani

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## CHAPTER- 19

### Impact of Emotion on Health

*Megha Mukherjee<sup>1</sup> & Dr. Soumya Pandey<sup>2</sup>*

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#### **Abstract**

Emotions constitute a fundamental aspect of human experience, influencing not only psychological well-being but also exerting a profound impact on physical health. The complex relationship between emotions and health has been an important point in psychology for a longer period but it occupied chief position with the advent of Franz Alexander's psychosomatic theory. This chapter explores the diverse ways in which emotions affect health, encompassing both positive and negative emotional states. From their role in stress responses and immune function to their influence on behaviours such as sleep patterns, diet, and exercise, emotions play a pivotal role in shaping overall health course. By examining these dynamics, this study aims to clarify the complex mechanisms through which emotional experiences contribute to individual health outcomes, thereby informing holistic approaches

**Keywords:** psychological wellbeing, psychosomatic, negative and positive emotion, immune functions.

#### **Introduction**

An emotion is a quick, specific, negative or positive reaction to external events or internal thoughts. An emotion can be appeared to be single, unified experience. An emotion is made up of physiological arousal, behavioural/expressive response, and a subjective experience. Emotions play a vital role in shaping our health and wellbeing, even a small disturbed emotion can trigger our inner body equilibrium. It can not only affect our mental health but also our physical health. Short term spurts of anger or anxiety is good to retaliate any kind of danger, as it helps us to

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