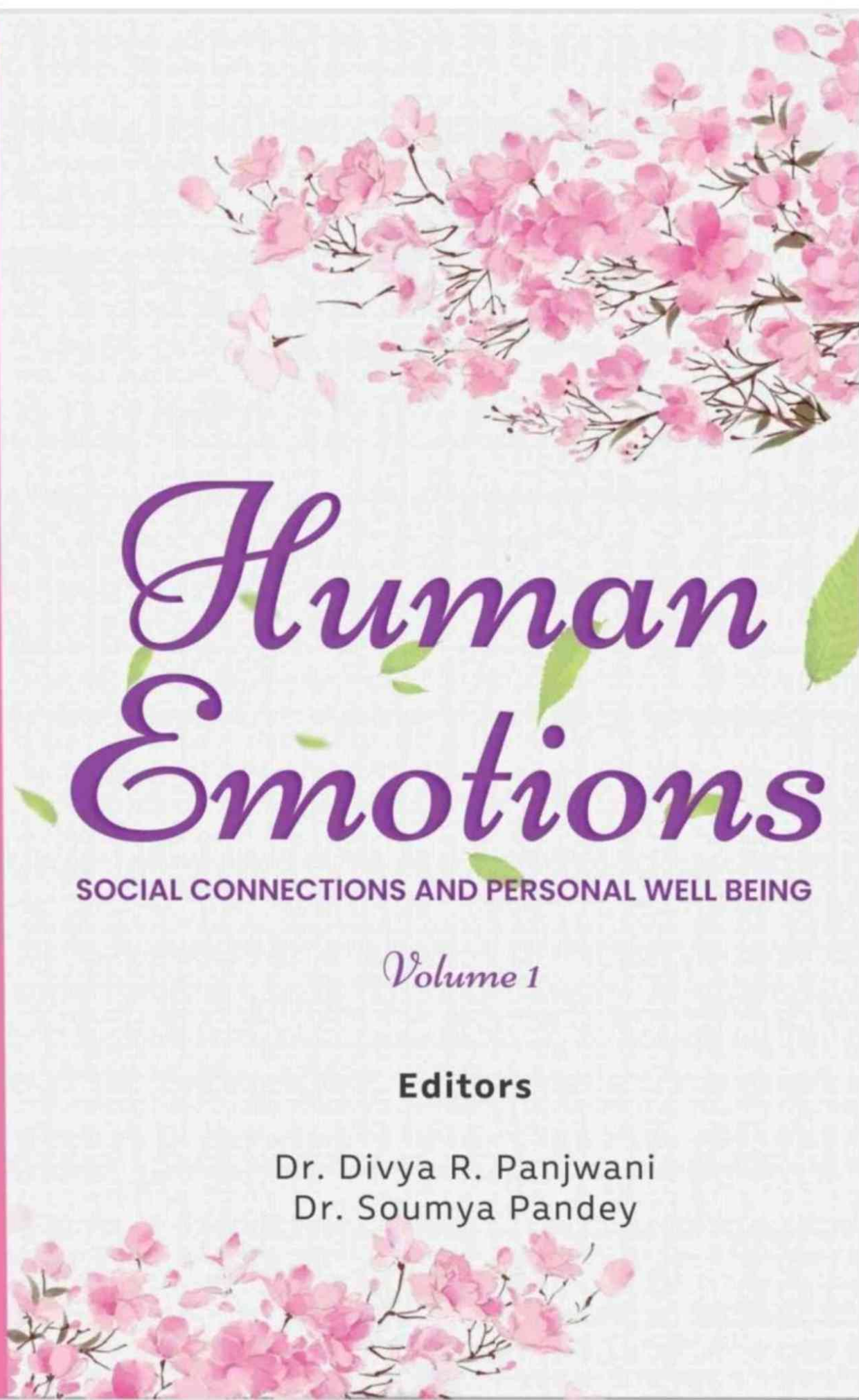


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Human Emotions : SOCIAL CONNECTIONS AND PERSONAL WELL BEING



Human Emotions

SOCIAL CONNECTIONS AND PERSONAL WELL BEING

Volume 1

Editors

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Volume I



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CHAPTER 7

Psycho-Physiological Impact of Emotions

Venkat Jammi Rao¹ and Neha yooshing²

Abstract

This chapter explores the complex interactions between emotions and how they affect behaviour and human health on a psycho-physiological level. Emotions are not just psychological phenomena; they also have an impact on our overall well-being through physiological alterations. We can learn more about the critical function emotions play in forming our social interaction and overall health by investigating how emotions affect physiological systems. Important topics are covered, with a focus on how different emotions have varying effects on health outcomes. These topics include the bidirectional interaction between mind and body, stress response mechanisms, and neurobiological foundations. This chapter offers a thorough knowledge of how better emotional regulation can improve one's own wellbeing and promote more positive social interactions.

Keywords: Emotions, psycho-physiological level, wellbeing, neurobiology, stress response mechanisms, and social interactions.

Introduction

This chapter discusses an intricate relationship between mind and body that has interested scientists, philosophers, and medical professionals for ages. It also looks at how emotions impact our bodies and general well-being. Gaining an understanding of this connection is essential to enhancing social interactions and one's own health.

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