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EMOTIONAL SUPPORT

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ABSTRACT

This chapter explores Emotional Support in detail, examining its Key Features and examining how emotional support can be employed effectively. There are five features highlighted, which includes identification of the target's suffering and structured communicative activities to control its emotional consequences, goal-directedness to help cope with emotions, efficiency of behavior employed to offer support, verbal and non verbal measures of delivering support and lastly, its complexity which causes only few to be able to appreciate and practice it. It was also examined how Highly Person Centered/HPC are more sensitive, effective, beneficial, and suitable in comparison to Moderately and Low Person Centered communication. Finally, its significant impact on both psychological and physical health was explored in detail reviewing the existing studies. Social and emotional support are critical in lowering the risk of mental and physical illnesses as well as mortality.

Keywords - *Emotional Support, Person Centered, Mental and Physical well being, Mortality.*

EMOTIONAL SUPPORT

“Medical Attention and Emotional Support can be difficult to obtain for those in need, yet both are essential to nurturing healthy futures year round and especially during the holiday season.”

-Sylvia Mathew Burwell