

Kathalina Corredor

Ms. Freestone

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Mind & Body Connection

Much knowledge has been accumulated about the effects environment has upon emotional health and environment upon physical health; however the extremities emotional health may have on an individual's physical health has not quite reached to be common knowledge as it needs to be. Doctors know the importance of an individual's recent emotional state to their health, and that is why they ask related questions during an evaluation. Even the simplest things as expression affectionate feelings may have a tremendous impact on persons physical health. Research has shown that the emotions carried by having to perform a speech can actually double the severity of allergy symptoms for two days.

The body responds according to a person's environment, thoughts, emotions, and actions. White coat syndrome is a condition of when a person's

blood pressure increases as soon as they enter a doctor's office. The human brain is deeply linked to the endocrine system, "thoughts and feelings generated within the mind [can influence] the outpouring of hormones from the endocrine system on which effect control much of what goes on within the body" (everydayhealth.com). Negative physical signs and symptoms from poor emotional health include but are not limited to: back pain, change in appetite, chest pain, weight gain/loss, sexual problems. Abuse of alcohol, tobacco or other drugs may signal poor emotional health as well.

The way an individual manages their emotions also applies. Repressed emotions "(especially negative ones) can zap mental energy and hope and lead to health problems such as: digestive disorders, hypertension, infection, etc. Some extreme emotions and/or stress can lead a person into life threatening illnesses such as a higher risk of cancer or experiencing such stress that it triggers sudden cardiac death. Chronic stress can actually decrease an individual's lifespan by shortening their telomeres, which play a big role in aging. Life also may be at risk simply because when feeling stressed, anxious, or upset a person may not take care of themselves as well as they should.

Although many negative physical issues may arise as an emotional effect, it can very well also produce positive impacts. Crying is very relieving and beneficial when from stress. Those hormones are carried out from your body in the form of tears. That is why tears from grief or stress look completely different under a microscope than those from joy. Earlier mentioned, showing affectionate feelings can have a positive result on a person's physical well being by lowering cholesterol levels. " Research showed that when people spent three 20 - minute sessions per week writing about loved ones, cholesterol levels dropped within five weeks." (psychologies.co.uk)

In conclusion, emotional well being is just as important and a persons physical well being not just as separate issues but a system of positive health in general.

Bibliography

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