

Effect of emotion on health:

EXTERNAL CHANGES:

1. Facial expression: Effect of emotion on one is always seen through his facial expressions. Sadness, happiness, anxiety, always give different impact on one's facial expression.

2. Vocal expression: *Vocal expressions changes according to the type of emotion.*

3. Postural changes: When we're sad, we tend to look down and frown, when anxious we might tap our feet or shift our eyes and when happy we may smile. So emotion changes our postural expressions.

INTERNAL CHANGES:

1. Heart rate: If anyone is under acute emotion, her /his heart rate may increase causing serious health problems.

2. Blood Pressure: When one is under emotion, his/her body produces a surge of hormones. These hormones temporarily increase her blood pressure by causing her heart to beat faster and blood vessels to narrow.

3. Respiration rate: Breathing changes in response to emotional states, such as sadness, happiness, anxiety or fear. On the other hand, emotional states change the pattern, rate and depth of breathing.

4. Digestion: When a person becomes emotional enough to trigger the fight-or-flight response, for example, digestion slows or even stops so that the body can divert all its internal energy to facing a perceived threat.

5. Brain wave: The brain waves tell us the difference in the emotions the person is going through. This research studies the alpha brain waves in happy and sad emotion. So, emotional changes play a vital role in the change of brain waves.