

# Vocabulary

This article discusses the biology of emotion, and how different factors can have an effect on your health



**Toxic Stress** - "The sustained activation of the body's stress response system resulting from such early life experiences as chronic neglect, exposure to violence, or living alone with a parent suffering severe mental illness."

This is the body's response to lasting and serious stress without enough support from a caregiver, without the help, the child can't turn off the

stress response normally.

**Importance** - This lasting effect can impact your brain and organ systems, and have results of increased heart rate, blood pressure, and stress hormones



**Emotional Vitality** - "A sense of enthusiasm, hopefulness, or engagement in life, the ability to face life's stresses with emotional balance"

"A sense of positive energy, ability to effectively regulate emotion, behaviour, and positive well-being

**Importance** - The act of feeling engaged or interested in life can reduce the risk of coronary heart disease



**Oxytocin** - The hormone demonstrating social bonding, reproduction, child birth, mother-child bonds.

**Importance** - In the experiment created, it is found to have potential effects on heart health and positive social connections/relationships, as we know, social connection = happiness :)



**Importance of the following:**

The following two examples are in the section of the article,

"Keys to a happier life", and explains how you can healthfully manage diseases like heart attack, stroke, diabetes, and depression.

#**Optimism** - the perspective that good things will happen and that one's action account for the good things that occur in life.

#2 **Hopefulness** and confidence about the future or successful outcome of something

**Self Regulation** - The ability to respond to the ongoing demands of experience with a range of emotions in a manner that's socially tolerable.

Being able to bounce back from stressful challenges and knowing that things will eventually look up again



**NHANES GENERAL WELL-BEING SCHEDULE** - An 18-item self-administered

questionnaire that includes positive and negative questions across 6 dimensions: well-being, self-control, vitality, depression, anxiety, and general health with a time frame being "in the past month".

**Importance** - Kubzansky based part of her study on this questionnaire.