



Emotions and Health

Conduct research on the following topic: *What role do our emotions play in our health?* Whether or not and the extent to which our emotions effect our health is a relatively new field of scientific study. In your initial research, identify the following:

Who are the key figures conducting research and/or working in this field today?

1. _____
2. _____
3. _____

Consider the following aspects of the question:

- What role does our emotions play in resisting and/or recovering from illness?
- What's more important for good health, a healthy diet or our emotional well being?
- What role does our emotions play in the effectiveness of traditional medical treatments?

As you conduct your research, come up with at least three additional questions of your own. Write your questions below.

1. _____
2. _____
3. _____

Take a position on this topic, develop your thesis statement, and write your research paper. Be sure to include a bibliography.