

Do you believe that to be healthy means to be emotionally healthy? In the article "Is happiness healthy?" and The Book "The Giver" they give us many evidence of being healthy means to be emotionally healthy. In order to live a healthy life you should be emotionally happy and emotionally health.

In the article "Is happiness healthy" it states that one must be emotionally happy to live a healthy life, The author states that "In a powerful study connecting an individuals happiness to their health, the study Dr. Karina Davidson, explain anything that patients can do to increase the amount of happiness in their lives will be helpful" said Dr. Karina Davidson. Most people would agree that your emotions play a big role in your health, But some may argue that there are other factors that play a role like Dr. Karina Davidson states that "staying healthy often means exercising as well as not smoking or eating unhealthy food or doing anything potentially harming." However, its important to stay away from pontentionally harming for their health it should also be a priority to put some fun activitys in life. In the article "Is happiness healthy?"

It states that "In a study they determined who was happy and they discovered that the people who were happy were less likely to get sick!" It's an accepted belief that being happy could prevent sickness. It is possible to agree that eating healthy and staying fit prevents sickness. Upon closer inspection, however there has been studies linking your happiness to living longer.

In the book "The Giver" the state that one should be able to have feelings. Jonas states that "I was thinking. I am feeling, actually it was kinda nice then." Generally speaking life would be best with feelings have nothing to do with living. The truth is, living life includes feelings. Some may argue that even though feelings are a part of living, it shouldn't be your main focus, but in reality feelings are a big part of life, it's what living is about.

In the book "The Giver" it shows how some people feel like they need happiness in life.

The author states that "I have many memories of families, and holidays, and happiness, of love."

It is possible to argue that, "The Giver" states that "It's hard to miss what you've never felt"

But in reality, you could always start, you should never have to live without feelings.

Being emotionally healthy can help towards a physically healthy life. In the book "The Giver" and the article "Is happiness healthy?" you would be able to find evidence supporting the fact that being healthy also included being emotionally healthy. Do you believe that being healthy also includes being emotionally healthy?

