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**THE NEUROCHEMISTRY OF EMOTIONS AND THEIR CONNECTION
WITH THE LIFESTYLE**

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This report discusses the nature, functions and mechanisms of emotions, as well as the main neurotransmitters responsible for the emergence of emotions.

The topicality. The topicality of the report is determined by the necessity of all people to stay in harmony with themselves and each other, which would become easier with the obtaining of knowledge about the neurochemical processes in the human nervous system.

The objective of the work: to reveal the connection between the nutrition, habits and lifestyle and predisposition to certain emotional reactions.

The task of the report was to collect and analyze the information about the neurotransmitters of the most important emotions, such as happiness, fear and anger, and reveal how to suppress or cause them by following a certain lifestyle and nutrition habits.

The material and methods of the research. We carried out a questionnaire, interviewing people of different ages and professions about their nutrition and lifestyle, and compared the results to their emotional condition.

The results of the research. The feeling of happiness, for example, may be generated by the following neurotransmitters: serotonin, which elevates mood, dopamine, which is responsible for the feeling of pleasure, endorphins, that have a strong analgesic and anti-stress effect and endocannabinoids, which eliminate the negative associations connected with the past experience.

As many essential components needed for the synthesis of neurotransmitters enter the human organism with food, there is a possibility of regulation of people's mental state by consuming or avoiding certain products. For example, chocolate and bananas have a high concentration of tryptophan and glucose necessary for the production of serotonin, while excessive amounts of salt and caffeine cause aggression and anxiety, provoking an increased release of adrenaline and norepinephrine.

During the research we revealed several myths about the effects of certain chemical substances on the emotional state of the person. For example, smoking not only has a devastating effect on the body, but also increases anxiety, despite the persistent belief of smokers that cigarettes bring about sedation. The research shows that smokers are generally more exposed to stress than people who do not smoke. This is due to the harmful effects of nicotine, which loads the heart, disrupts the nervous and vascular systems.

Conclusion. The research allows determining the connection between the emotional state, nutrition and lifestyle. Therefore, complete and balanced nutrition, with the content of essential minerals and vitamins in the diet, the absence of classical bad habits and taking up a favorite activity decrease the absence of depression and irritability, increase self-confidence and the mood on an average.