Mind-Body Interaction Discussion Questions

Answer the following questions using information from the article “The Mind-Body Interaction in Disease” by Sternberg and Gould

1 – What is homeostasis? According to the article, what are the principle means for maintaining homeostasis in the body?

2 – How are the immune system and the nervous system different in terms of organization? How are they similar?

3 – How does cortisol link the immune system and the nervous system?

4 – What are cytokines? How do they communicate with the nervous system? What effect does their communication with the brain have on the body?

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5 – How is depression linked to both the immune and nervous systems?

6 – Describe the relationship between stress and immune response / disease.