

Health essay



**ASSIGN
BUSTER**

People who have low self image, and low self esteem, are unhappy with whom they are in life. Things that are done well are often taken for granted. Where as mistakes are heavily looked upon. One's position in life and previous experiences can also add to negative feelings. Constantly being told you're headed no where or that you're nothing but a failure can lead to a low self esteem and low self image. There are many things that can be done to raise self image, and self esteem. Responding to criticism positively is very important. If someone points out a flaw in something you've done, strive to fix it. They are not trying to belittle ou.

They are just helping. Be positive and confident in yourself, and listen to your own opinions. What you have to say is just as important as anything else anyone has to share. Hard work to improve the things you're not good at is another way that can help you feel better about yourself. Finally always remember your only human, you can't be perfect at everything you do. The process that I have created to help resolve mental and emotional issues consists of two steps. First it is very important to get your emotions out. Expressing your feelings through poetry or drawings are two ways to resolve mental and emotional issues.

If you don't feel artistic, try to let your feelings out through other means. Let your anger out on a punching bag or even a basketball court, rather than repressing it. Sigmund Freud labeled repression as the number one bodily defense mechanism against fear. Franklin D. Roosevelt once said « you have nothing to fear but fear itself. » Not letting your emotions out never allows you to be free of them, therefore hindering your happiness in life. The

second aspect of our process is to be happy. Do things that make you happy. If you think about it, when you're happy nothing really matters.

No matter how many times you have one something wrong or failed when you're happy these things don't bother you. The second process that I have created is intended to lead others and myself to mental and emotional satisfaction. I think if you view the world with an optimistic eye you can only receive satisfaction. Being happy with who you are as a person is very important. As phony as it may sound I strongly believe that it is true. If you are happy with who you are there is no need to rob, steal, or put others down. If everyone was happy with who they were, the world would be the ideal utopia, where everyone can achieve peace of mind.