

# [Mohammad relates affects your self-esteem? low self esteem](https://assignbuster.com/mohammad-relatesaffects-your-self-esteem-low-self-esteem/)

MOHAMMAD AMIN BALIDLMS MIDTERM RESEARCH PAPER·       Explain how your healthdoes relates/affects your self-esteem? LOW SELF ESTEEM EFFECT YOUR HELTH, WHEN YOU FEEL HOPELESS, ONGOINGSTRESS, BLAM YOUR SELF ALWAYS AND BE WARRY ABOUT BEING UNABLE TO DO THINGS, IFLOTS OF THINGS AFFECTING YOUR SELF-ESTEEM FOR A LONG TIME, THIS MAY LEAD TO AMENTAL HEALTH PROPLEM, SUCH AS FEELING HOPELESS AND HATING YOURSELF SO HAVINGALL THESE THINGS CAN CAUSE YOU A MENTAL HEALTH PROPLEM WHICH CAN MAKE IT MOREDIFFICULT TO TAKE STEPS TO INCREASE YOUR SELF-ESTEEM. ·        Negative feelings – the constant self-criticism can lead to persistentfeelings of sadness, depression, anxiety, anger, shame or guilt.

·        Relationship problems – for example they may tolerate allsorts of unreasonable behavior from partners because they believe they mustearn love and friendship, cannot be loved or are not loveable. Alternatively, aperson with low self-esteem may feel angry and bully other people. YOUR BODY MAYBECOME EXHAUSTED AFTER DEFENDING AGAINST YOUR NEGATIVE AND STRESSFUL THOUGHTS,   WHEN YOU STOP WORRY AND PASS AWAY THE PROPLEMS THATYOU HAVE, HAVE FUN, TELL YOURSELF SELF A POSITIVE MESSAGE EVERYDAY , APPRECIATEYOUR SPECIAL QUALITIES ALL THESE THINGS EFFACT YOUR HEALTH POSITIVELY SO, SELF-ESTEEM EFFACT YOUR HEALTH IN POSITIVE WAY ANDNEGATIVE WAY THE SELF-ESTEEM RELATED TO HEALTH IN LARG PART, WHEN YOURSELF-ESTEEM DICREASE YOUR HEALTH DICREASE WITH IT, AND WHEN YOUR SELF-ESTEEMINCREASE YOUR HEALTH INCREASE WITH IT,                                                                                                                                                                                                                                                                                                                                                                                                               ·       To what extent does your family’s health history can determine your ownhealth? Explain and give examples YOU MAY RECOGNIZE THAT YOU HAVE YOURFATHER’S CURLY HAIR OR YOUR MOTHER’S THESE TRAITS MAY INCREASE YOUR RISK FORMANY HEREDITARY CONDITIONS, DISEASES INCLUDING CANCER, DIABETES, ASTHMA, HEARTDISEASE AND BLOOD CLOTS, ALZHEIMES’S DISEASE AND DEMETIA, ARTHRITIS, DEPRESSIONAND HIGH BLOOD PRESSURE.                                                                                                                                                                             IF YOUR FAMILY HAD ANY OF THESE DISEASES MYPE FROM YOUR DAD YOUR MOTHERYOUR GRANDPARENTS, AUNTS, UNCLES, THE RISK OF HURT MAY INCREASE BECAUSE YOUHAVE YOUR FAMILY BLOOD, YOUR GENES SIMILAR TO YOUR FAMILY MEMBERS FOR EXAMPLE, ANGELINA JOLIE LOST 8 OFHER FAMILY MEMBERS SHE LOST HER MOM, HER COUSIN, GREAT AUNT, HER 2 UNCLES ALSOSUCCUMBED TO DEFFERNET CANCERS AND HER GREAT-GRANDMOTHER ALSO DIED BY CANCERAND NOW SHE HAS A 50% CHANCE TO GET CANCER/ ANGELINA GOT VERY BIG CHANCE TO GETCANCER BECAUSE A LOT OF HER FAMILY MEMBERS GOT THE DISEASE. ANOTHER EXAMPLE A 13-YEAR-OLD BOYNAMED SANTHOSH THE BRAVE BOY DIDN’T TELL HIS PARENTS ABOUT HIS DISEASE, HE JUSTTOLD HIS UNCLE AND THE BOY LOST HIS GRAND-MOTHER BY THE CANCER / THIS BOY GOTHIS CANCER FROM HIS GRAND-MOTHERA MAN GOT SENSITIVITY FROM HOT THINGSWHY BECAUSE HIS GRAND MOTHER GOT TOO      http://metro. co. uk/2017/09/07/boy-13-hid-cancer-diagnosis-from-parents-because-he-didnt-want-to-upset-them-6910349/  https://ghr. nlm. nih. gov/primer/inheritance/familyhistory   https://www. ncbi. nlm. nih. gov/pmc/articles/PMC194072/ https://www. betterhealth. vic. gov. au/health/healthyliving/self-esteem