

Mohammad relates
affects your self-
esteem? low self
esteem



**ASSIGN
BUSTER**

MOHAMMAD AMIN BALID LMS MIDTERM RESEARCH PAPER· Explain how your health does relates/affects your self-esteem? LOW SELF ESTEEM EFFECT YOUR HEALTH, WHEN YOU FEEL HOPELESS, ONGOING STRESS, BLAME YOURSELF ALWAYS AND BE WORRY ABOUT BEING UNABLE TO DO THINGS, IF LOTS OF THINGS AFFECTING YOUR SELF-ESTEEM FOR A LONG TIME, THIS MAY LEAD TO A MENTAL HEALTH PROBLEM, SUCH AS FEELING HOPELESS AND HATING YOURSELF SO HAVING ALL THESE THINGS CAN CAUSE YOU A MENTAL HEALTH PROBLEM WHICH CAN MAKE IT MORE DIFFICULT TO TAKE STEPS TO INCREASE YOUR SELF-ESTEEM. · Negative feelings – the constant self-criticism can lead to persistent feelings of sadness, depression, anxiety, anger, shame or guilt.

· Relationship problems – for example they may tolerate all sorts of unreasonable behavior from partners because they believe they must earn love and friendship, cannot be loved or are not loveable. Alternatively, a person with low self-esteem may feel angry and bully other people. YOUR BODY MAY BECOME EXHAUSTED AFTER DEFENDING AGAINST YOUR NEGATIVE AND STRESSFUL THOUGHTS, WHEN YOU STOP WORRY AND PASS AWAY THE PROBLEMS THAT YOU HAVE, HAVE FUN, TELL YOURSELF SELF A POSITIVE MESSAGE EVERYDAY, APPRECIATE YOUR SPECIAL QUALITIES ALL THESE THINGS EFFECT YOUR HEALTH POSITIVELY SO, SELF-ESTEEM EFFECT YOUR HEALTH IN POSITIVE WAY AND NEGATIVE WAY THE SELF-ESTEEM RELATED TO HEALTH IN LARGE PART, WHEN YOURSELF-ESTEEM DECREASE YOUR HEALTH DECREASE WITH IT, AND WHEN YOUR SELF-ESTEEM INCREASE 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 BOYNAME D 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 GOT HIS 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/](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://ghr.nlm.nih.gov/primer/inheritance/familyhistory) [https://www. ncbi. nlm. nih.](https://www.ncbi.nlm.nih.gov/primer/inheritance/familyhistory)

gov/pmc/articles/PMC194072/ <https://www.betterhealth.vic.gov.au/health/healthyliving/self-esteem>