Health Essay, Research Paper

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

you. 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

done 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,

steel, 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.