

Self-esteem is how good/ bad somebody feels about themselves and how much they value their abilities. **Self-image** is how individuals see themselves or how they think others see them. **Self-concept** is a mixture of these two.



Alcohol

Excessive use of alcohol can have a negative effect on health and wellbeing.

Physical – Alcohol dependence (alcoholism), damage to the liver, heart, kidney and pancreas, Cancer of the mouth, throat, oesophagus, liver and breast. Infertility and impotence, and weight gain.

Intellectual – Difficulty making decisions, stroke and brain damage, damage to the brain of unborn babies.

Emotional – Poor self-concept, poor judgement leading to increase in accidents and unsafe sex.

Social – Possible breakdown of relationships, domestic violence.

Physical/ lifestyle factors

Government Alcohol Guidelines



What is a unit?



Healthy Balanced Diet

A person who is overweight /obese is more likely to get illnesses such as diabetes, heart disease, high blood pressure, cancer and stroke. They will have reduced life expectancy, be less able to exercise and have poor self-concept. If we eat less than we need this can cause anaemia, rickets, stunted bone growth and eating disorders such as anorexia. People can end up malnourished if they do not eat enough or get deficiency diseases. They will also lack energy. By eating a healthy diet people will have a healthy immune system, good energy levels, be a healthy weight, have healthy skin and hair and be less likely to get dietary related diseases.

Personal Hygiene

Poor personal hygiene can lead to a higher chance of disease, body odour, bad breath and tooth decay. People might also experience loss of friendships and social isolation. They may have been bullied and have poor self-concept.

Drugs

Physical effects – Risk of HIV from sharing needles, breathing problems, increased risk of accidents, injury and unsafe sex, liver damage, kidney disease and failure, sleep problems.

Emotional and social effects – Money problems, job loss or poor job prospects, poor self-concept, breakdown of relationships, poor judgement and risk of criminal records/ prison, anxiety, depression, paranoia, panic attacks.

Nicotine

Physical – Increases the risk of cancer, stroke, coronary heart disease, emphysema, bronchitis and pneumonia. Smoking whilst pregnant can cause low birth weight, premature baby or stillbirth.

Intellectual – Causes irritation, distraction and stress when the smoker can't smoke.

Emotional – Being unable to quit might lead to poor self-concept. Smokers might worry about the effect on their health and the cost of cigarettes.

Social – May feel excluded if they have to smoke outside. People may avoid smokers because of the smell of their breath, hair and clothes.



Exercise

Benefits	Negative effects of not exercising
<p>Physical Maintains healthy weight and BMI Boosts energy levels Improve stamina and flexibility Strengthen bones and muscles. Reduce the risk of heart disease and diabetes.</p> <p>Intellectual Improved brain function such as memory and thinking skills</p> <p>Emotional Improves confidence and mood Reduces stress Helps relax and improve sleep Lead to better self-concept</p> <p>Social Some exercise such as competitive sports or exercise classes encourage social interaction, reducing isolation.</p>	<p>Physical Reduced mobility Reduced bone density (the amount of minerals such as calcium and phosphorus in your bones – the more there is the stronger the bones). Obesity</p> <p>Intellectual Reduced brain performance</p> <p>Emotional Poor self-concept and reduced ability to cope with stress</p> <p>Social Fewer opportunities for social interaction</p>

