

# Personality affects each person's health

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Based on a person's personality, we can judge their health status. Not only that, personality also greatly affects the health of each person. According to psychologists, human personality is influenced by genetic and environmental factors.



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**Basically, it can be classified into 9 types of personality that affect health below**

first

## **Positive person**

Those are the people who can always see "the glass of water is half full".

A Japanese study showed that in a group of people participating in weight loss, the optimists were always the hardest to lose weight. Researchers suggest that optimists don't care much about their weight.

In addition, due to their confident nature and way of looking beyond the situation, this group of people is very adventurous. This is also the cause of life expectancy. A research investigation has shown that people with a positive sense of humour from a young age often have a shorter life expectancy than others, because as adults they are more susceptible to the habits of smoking, drinking, and very Loves high-risk things.

## **People who worry**

French and Canadian researchers found that anxious people are more likely to get stomach ulcers. People in this group often have the habit of relying on others, unstable mood, so it is easy to form the habit of smoking, drinking alcohol, and eating erratically, not getting enough sleep, etc. Both can lead to stomach ulcers. In addition, High Pressure Hormone - Cortisol also causes headaches, hemorrhoids or cystitis.

Notably, a study on the relationship between sex and personality has shown that people in this group have the most frequency of "falling in love". In particular, women in this group tend to have only a short-term partner.

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## **Sensitive person**

A British study showed that men who tend to be feminized and empathetic are less likely to be under pressure and are less likely to suffer from cardiovascular diseases.

The researchers assessed men's "masculine" and "feminized" dimensions in areas such as leadership ability, risk-taking, possessiveness, empathy, and sensitivity. The results show that the more feminine the male expression, the lower the risk of cardiovascular disease. According to the researchers, this is because this group of people know how to express emotions, and also know how to seek outside help.

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## **People who like to argue**

Being hostile and intrusive are unhealthy traits. A Greek experiment has shown that hostile or hostile women are more likely to get breast cancer, and men are more likely to get colon cancer.

According to the researchers, hostility and anger easily wear down the body's immune system, leaving people vulnerable to disease. People who are easily irritable have a 50% higher risk of cardiovascular disease than the general population. Their response to pressure is also faster, more intense, making blood pressure and heart rate more likely to rise, easily causing damage to the cardiovascular system.

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## **Extroverts**

Men with an extroverted personality are less likely to suffer from cardiovascular disease, are less likely to get infectious diseases, and are often more likely to recover from illness.

Extroverts know how to face life's difficulties, once they feel unwell, they will immediately seek medical attention. Research also shows that people in this group have a 14% higher birth rate than the general population.

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## **People who are easily embarrassed**

People who are easily embarrassed have a 50% higher rate of heart disease and wind damage than the average person. According to the researchers, this is because this group of people live relatively closed lives, often feeling great pressure when faced with new living environments.

People who are easily embarrassed are susceptible to infectious diseases, and all four seasons of the year are susceptible to colds.

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## **Slowly man**

British researchers found that the lower a child's IQ, the higher the risk of depression and schizophrenia. This may also be because people with low IQs find it difficult to understand the importance of a healthy life.

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## **Honest people**

There is a proverb that says, "The evil one is repaid". An honest person can completely get "good results" for health. Diseases such as diabetes, sciatica, wind damage, Parkinson's. rarely bother them. The living habits of this group of people are also very healthy. They love being active, and are also very interested in a balanced diet.

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