

Need Help Keeping Health On The Straight And Narrow? That's What Friends Are For

Description

In theory, no one knows our health better than us. Hence why, when someone else suggests that something is going on, we often react with outright denial or even annoyance. How dare they assume to know better than you do? Whose body is it anyway!?!

The trouble is that, while we certainly have an inner window into our body's workings, it's astounding how often we remain blind to certain issues that our friends and family spot from miles away.

To make sure that you don't cast your friend's concerns aside next time they suggest all is not well, consider the following reasons why they might just be in the ideal position to spot health problems that you never could.



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They're objective

Objectivity is often key, especially where health is concerned. When we have a personal investment, we often either overlook or underestimate escalating issues. In some cases, this can be because we're afraid of what symptoms mean, or embarrassed by the pain-based [mood swings](#) that we swear aren't happening. And, of course, we're sometimes just so busy that we overlook issues entirely.

Our friends can overcome these setbacks to see your health concerns with their eyes wide open. They have no reason to deny or overlook, and they're surely more observant of you than you are of yourself sometimes. Thus, they're actually in the ideal position to make you aware of the things that have been going wrong with your body right in front of your eyes.

They™re more likely to pick up subtle changes

Along roughly the same lines, our friends and family are also in the best position to pick up subtle changes that we would simply never notice otherwise. For example, loved ones are best able to spot issues such as gradual weight loss that™s escaped our attention. Equally, family members are best placed to pick up on progressive hearing issues caused by [acute tinnitus](#) and the like. Yet, much like when you fail to notice a baby growing because you™re with them every day, you™d probably struggle to pick up on the same subtle changes.

They care

Nobody should care for our health more than ourselves, but that™s rarely the case. In fact, even if you have the best of intentions, [the chances are that don™t always treat your body well](#). Health complaints and the limitations they bring can cause us to be especially unkind to ourselves, pushing well past the point that we probably should.

By comparison, the other people in our lives may well care much more, or at least be better able to show it, that we look after ourselves. As such, they can be in the best position to push us into booking that hearing or dental checkup, as well as holding us accountable for what we eat, and whether we exercise.

We understand feeling frustrated when people try to tell you what™s what with your health. But, next time that your loved ones speak out about their concerns, you may well benefit from listening.

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