



SELF ESTEEM

Self-esteem is how a person feels about him or herself. We can have high and positive self-esteem or low and negative self-esteem. Two basic components of high self-esteem are feeling capable (“I can do things well”) and feeling worthwhile (“I am loved and valued by others”). Our high and positive self-esteem helps us to be happy, cope with life stressors and events, be successful and behave and do the right things. It also help us to help others feel good about themselves too.

Boosting Our Self-esteem

Feeling sad or depressed for short periods of time for anyone is normal. Extended bouts with depression, extreme sadness, hopelessness or anxiety often need the attention of a medical provider. These feelings are also associated with our self-esteem. Low self-esteem can be related to many factors, including negative self talk or being put down constantly by family, friends and coworkers.

- Try to be aware of our negative self talk.
- When we hear ourselves talking negative inside our heads, stop.
- Give ourselves positive affirmations.
- Help others.
- Pray.
- Go to ceremony or church.
- Meditate.
- Start a gratitude journal.
- Say kind things to others.
- Sing.
- Dance.
- Wear clothes that make us feel good.
- Make a special dinner.
- Exercise.
- Eat healthy.
- Drink water.
- What else?

Rate YOUR Self-esteem

(low) 1 2 3 4 5 6 7 8 9 10 (high)

Questions to ponder:

1. Where does our self-esteem come from?
2. Who most shaped your self-esteem?
3. Why do you think some people have low self-esteem?