

SELF-ESTEEM

HELP

What is self-esteem: Individuals subjective evaluation of their own worth that has heavy influences on people's choices and decisions.

Individuals with low self-esteem: Tend to put little value on their own opinions and put stronger focus on their perceived weaknesses and faults. They have a misbelief that others are more capable or successful and thus have trouble trying new things due to fear of failure.

Individuals with healthy self-esteem: Have a balanced, accurate view of themselves and don't ruminate. They are solution focused and trust their abilities, but recognize their flaws.

FACTORS THAT INFLUENCE SELF-ESTEEM:

1. Personal thoughts and perceptions
2. Perceptions and evaluations by others
3. Experiences in the environment
4. Bullying
5. Illness, disability or injury
6. Discrimination
7. Role and status in society
8. Social Media



BENEFITS OF HEALTHY SELF-ESTEEM

FOR ADULTS

1. Assertive in expressing their needs and opinions
2. Confident in their ability to make decisions
3. Form healthy relationships
4. Realistic expectations of self
5. Less critical of self and others
6. More resilient

FOR CHILDREN

1. Feel accepted and confident
2. Take pride in accomplishments
3. Accept healthy challenges
4. Show confidence and believe in self
5. Be resilient and persistent
6. Motivated to improve at school, home and with their friends and community

HOW TO TEACH POSITIVE SELF-ESTEEM TO YOUR CHILDREN

1. Reward self-care behaviour
2. Add the gratitude journal to their routine
3. Identify and point out their multiple strengths often
4. Provide opportunities to leave their comfort zone
5. Teach them kindness
6. Model self-compassion and self-care
7. Make compliments a norm
8. Introduce them to inspiring people
9. Praise efforts and never use unproductive criticism
10. When teaching, first show how to do it, and guide their initial attempts
11. Empathize and discourage self-loathing
12. Try to include them as often as possible

POSITIVE BODY IMAGE STRATEGIES

1. Discourage negative self-talk and encourage self-compassion
2. Learn to accept compliments
3. Dress yourself in clothes that make you feel confident
4. Cleanse your social media of anything that make you question your self-love
5. Write a letter thanking your body for taking care of you
6. Daily gratitude specifically directed to your body and its abilities
7. Identify your competencies and develop them
8. Surround yourself with people who lift your spirit and encourage self-love

EXAMPLES OF DAILY POSITIVE MIRROR AFFIRMATIONS

- I believe in my abilities and myself
- I can face this day and its challenges with strength
- I have all it takes to be successful and confident
- I let go of my fears, anxieties, and negative thoughts
- I am so proud of myself
- I choose to be positive today

