

SELF-ESTEEM

WHAT IS SELF-ESTEEM?

Self-esteem is your opinion of yourself. The term self-esteem is used to describe **the emotional and cognitive evaluation of our own worth**. Self-esteem affects how we value ourselves reflects the way we think, feel and act. Self-esteem doesn't have much connection with actual talent or ability. Someone who is talented in a particular area may still have poor self-esteem, while someone who is struggling terribly can have good self-esteem. Self-esteem seems to work as a state of mind.

WITH SELF-ESTEEM



- feel liked and accepted
- are proud of what they do
- believe in themselves



WITH LOW SELF-ESTEEM



- feel bad about themselves
- are hard on themselves
- think they are not good enough



WHAT CAUSES LOW SELF-ESTEEM?

- Unhappy childhood where significant people were extremely critical
- Poor academic performance
- Ongoing stressful life event, medical problem or mental illness
- Being in an abusive relationship

CONSEQUENCES OF LOW SELF-ESTEEM

- create anxiety, stress, loneliness, and increased likelihood of depression
- affect relationship with others
- seriously impair academic performance
- Increased vulnerability to drug and alcohol abuse

HOW IS LOW SELF-ESTEEM RELATED TO MENTAL HEALTH?

- Low self-esteem is not a mental illness, but goes one on one with mental health. Because it paves way to some dreaded mental health disorders.
- People with low self-esteem spend much time in ascertaining their negative and self-constructed beliefs, even though, they are okay and well-sounding as other people.
- Low self-esteem can also be symptoms of mental health problems, such as feeling hopeless or worrying about being unable to do things.
- Low self-esteem may lead to a mental health problem and increasingly unproductive or even actively self-destructive behaviour.

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HOW TO BUILD MY SELF-ESTEEM?



Talk to yourself positively: treat yourself as you would your best friend. Be supportive, kind and understanding. Don't be hard on yourself when you make a mistake.



Start practicing self-compassion: self compassion is not based on self-evaluation or judgement; rather, it is based on a steady attitude of kindness and acceptance toward yourself.



Challenge negative 'self-talk': every time you criticise yourself, stop and look for objective evidence that the criticism is true. If you feel you can't be objective, then ask a trusted friend for their opinion. You'll realise that most of your negative self-talk is unfounded.



Don't compare yourself to others: recognise that everyone is different and that every human life has value in its own right. Make an effort to accept yourself, warts and all.

Exercise: it is such a good boost to the brain for all kinds of things but especially in combating depression and helping you to feel good. Targets need to be step by step, such as starting with a walk round the block once a day, enrolling at a gym class or going for a swim.

Be assertive: communicate your needs, wants, feelings, beliefs and opinions to others in a direct and honest manner. A good deed is great but over stretching yourself to please others can leave you with less energy to focus on yourself and can affect your mental health.

Set yourself a challenge: find something you like doing and do more of it. It doesn't have to be something big. Making small goals can help you to feel more positive about yourself. Remind yourself you don't have to be perfect at it to enjoy yourself.



HOW TO HELP A FRIEND?

Tell them you love them and why: People with low self-esteem don't love themselves very much. It means a lot to hear that they mean something to someone. Make sure they know that they're worth something to you.

Encourage self-care: Try to help your friend take care of themselves. Find out what makes them feel happy and content and then help them achieve that.

Compliment them, and help them accept compliments: Someone with low self-esteem will have a hard time accepting compliments, but be patient, they might soon see the wondrous things about themselves that you've seen all along.

Give them a challenge to conquer: Setting personal self-love challenges will not only further them in their journey to a higher level of self-esteem, but completing challenges will help your friend to feel proud.

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