

Self-Esteem

Self-esteem includes how you think and feel about yourself. There are many factors that affect your self-esteem. How you were raised, your school and work lives, and your close relationships all play a part in self-esteem. Your self-esteem affects the quality of your life.

Healthy self-esteem will:

- Make you feel like you can give something to the world.
- Help you feel successful, productive, and able to reach your goals.
- Help you feel worthy of being loved and able to love others.

Negative or poor self-esteem:

- Can keep you feeling down or depressed.
- Makes you feel less confident about reaching your goals.
- May make you think incorrectly (false, not true, wrong) about yourself and others.
- Can drive away your friends and loved ones.
- Will cause you to feel worthless.

Good self-esteem is something you can work towards and achieve. Ways to build healthy self-esteem are:

- Think positive thoughts about yourself. Make this a constant habit.
- Be with people who are positive, loving, and accepting of you.
- Do something nice for yourself every day.
- Remind yourself of your strengths and talents often.
- List all of your positive qualities and the things you have accomplished.
- Surround yourself with laughter and fun. Watch funny movies.
- Trust, respect, praise, love, and accept yourself.
- Set short and long-term goals you can reach.
- Accept your failures. We all make mistakes.
- Be aware of your negative thoughts. Watch for them and then ask yourself if they are real.
- Replace each negative thought with a positive thought.
- Be open to challenges and change. Accept these as a chance to grow.