

Self-Esteem

- Self-esteem: a person's overall evaluation of his or her own worth.
 - It answers the question, "How do I feel about who I am?"
 - Not a fixed thing - can change depending on how we think.
 - Overtime, habits of negative thinking can lower our self-esteem and this can become detrimental to our health.
- When you have high/healthy self-esteem, you feel good about yourself and proud of all that you've accomplished.
- When you have low self-esteem, you don't value yourself as much and put little worth into your opinions and ideas. You might worry that you aren't "good enough."
- Take pride in the things you **CAN** do.

A Few Things That Affect Our Self-Esteem:

- Relationships
- Media messages
- Society
- Disability
- Religion

How to Improve Our Self-Esteem:

- **Manage your thoughts.** Try to control negative thoughts and think more positively!
- **Take pride in your ideas and opinions.** You and your thoughts are unique.
- **Set goals.** Setting and accomplishing goals lets you take pride in what you do.
- **Volunteer.** Seeing how you can make a difference will make you feel good about yourself.
- **Exercise.** You can relieve stress and encourage being healthier.
- **Relax and have fun!** Spend time with people who love you for you and enjoy living life.

Main Idea:

Having positive self-esteem can sometimes be hard, but with a little work and attitude adjustment, it's attainable. Learn to appreciate who you are and all that you can do and healthy self-esteem will come your way. When you value yourself more, you can value all that the world has to offer and make life that much better!

