

September Self-Esteem

Self-esteem involves respecting and valuing ourselves. It is a simple idea, but has far-reaching consequences. Having self-esteem allows us to be confident, competent, and productive members of workplaces, families, and friend groups, and gives us the resilience and resolve to face problems we may encounter.



But what about low self-esteem? How do we know when we're struggling with low self-esteem, and what can we do about it?

Self-Esteem Inventory

- | | |
|--|----------|
| <input type="radio"/> The contributions I make to my work and family life are important | YES / NO |
| <input type="radio"/> I believe I have many unique skills/talents/perspectives to offer | YES / NO |
| <input type="radio"/> Most people like me and respect me | YES / NO |
| <input type="radio"/> If I look back over my life, I have several accomplishments/actions to be proud of | YES / NO |
| <input type="radio"/> I am mostly happy with my personality/appearance/abilities | YES / NO |
| <input type="radio"/> Most of the time, I wouldn't want to trade lives with someone else | YES / NO |
| <input type="radio"/> I don't often feel ashamed, embarrassed | YES / NO |

IF YOU ANSWERED 'NO' TO THREE OR MORE OF STATEMENTS ABOVE, YOU MAY BE EXPERIENCING LOW SELF-ESTEEM.

How Can I Help Myself and Others?

Practice positive self-talk.

Every morning, spend a quiet moment repeating an affirmation to yourself, out loud or silently. Try: "I will make the most of today, and everything it has to offer", "I deserve kindness and respect, and so does everyone around me", or "I am intelligent, capable, and fortunate."

Work on self-improvement, manageably.

Instead of fixating on the countless things that you perceive to be wrong with you, your life, or your career, pick three things that you can take real steps to improve, and shift your focus to those areas. At the same time, be realistic with your definition of 'improvement': set manageable goals, ask for help, and be patient with yourself.

Stop comparing yourself to others.

Theodore Roosevelt once said "comparison is the thief of joy". Someone will always have more of a quality or possession that you desire than you do, just as someone will always have less. Furthermore, you are only comparing yourself against what the person is allowing you to see; despite appearances, nobody's career, family, or life is ever 'perfect'.

Take care of yourself physically and mentally.

Make your health a priority. A big part of feeling well emotionally and psychologically is feeling well physically. Eat a diet rich in fruits, vegetables, whole grains, and healthy proteins, stay hydrated with water, get at least six hours of sleep and 30 minutes of moderate-intensity exercise (brisk walking, slow cycling or lap swimming, etc.) every day

References

UC Davis Health

