



WHAT IS SELF ESTEEM?

Self-Esteem is a term we use to describe how much we value ourselves.

Why is it important to have healthy self-esteem?

When we have healthy self-esteem, we understand that we are valuable and likeable. Having self-esteem is not bragging or feeling better than others, but is the ability to accept and appreciate ourselves and our capabilities.

Self-esteem helps us to deal with everyday mistakes and problems, and learn from them.

When our self-esteem is healthy, we have the courage to try new things and the confidence to make our own decisions.

How can we improve what we feel about ourselves?

One useful strategy we can use to improve our self-esteem is to use 'affirmations'. Often, people with low self-esteem have negative thoughts running through their heads, and may literally 'talk themselves' into believing that these things are true.

Instead of negative thoughts, using positive phrases remind us that we are valuable and worthwhile people. Some examples are:

- I care about myself.
- I am a good friend to myself, and others.
- I accept myself just as I am.
- Life is good, and I like being a part of it.
- I respect myself and others



How can we help other people improve their self-esteem?

Encouraging our friends and classmates, and celebrating their successes, will add to their self-esteem and help them to feel valued and appreciated.

When we help those around us to feel good about themselves, we help to build a supportive and positive environment within our families and our classrooms.



References

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