



# SELF-ESTEEM AND EMOTIONS

## CHAPTER 2

# SURVEY- WHAT WOULD MAKE YOU FEEL BETTER ABOUT YOURSELF

- 49% say better grades
- 38% say losing weight
- 36% say bulking or toning up
- 30% say better relationship with parents
- 16% say fitting in with certain peers
- 15% say I like myself the way I am

**Do these survey results surprise you? Why or why not?**

**What would make you feel better about yourself?**

# SELF ESTEEM

- Self-esteem- how much you respect yourself and like yourself
- High self esteem has a positive effect on health
- Low self esteem has a negative effect on health

# BENEFITS OF HIGH SELF ESTEEM

- Realistic view of their strengths and weakness
- Maintain a positive attitude even when they fail at a task
- Form close relationships with people who respect them
- Positive influence on other parts of health
  - Eat well, exercise, avoid risky behaviors
- Set goals

# MAKE A LIST OF YOUR STRENGTHS AND WEAKNESSES

## STRENGTHS

- 1.
- 2.
- 3.
- 4.

## WEAKNESSES

- 1.
- 2.
- 3.
- 4.

What can you do to improve your self-esteem?

# BOOST YOUR SELF ESTEEM

- Maintain a positive attitude
- Focus on your strengths
- Form close relationships
- Set goals for yourself
- Avoid risky behaviors
- Ask for help
- Help others

# RISKS OF LOW SELF-ESTEEM

- Low self respect
- Judge themselves harshly
- Worry what others think about them
- Fear of failure may prevent them from trying new things
- Negative thoughts
- Violent or destructive behaviors
  - Use drugs, Drop out of school, Unwanted pregnancy, Eating disorders

# SELF ESTEEM DEVELOPS DURING.....

- Childhood
  - Need support and encouragement from family members
  - Elementary school start comparing themselves to others
- Adolescence
  - Critical of their appearance, abilities, interests, shortcomings
  - Compare themselves to best athletes, celebrities
  - Media



# IMPROVING YOUR SELF ESTEEM

- Make a list of strengths and weaknesses
- Set SMART goals
- Don't be too hard on yourself
- Rely on your values
- Learn to accept accomplishments
- Look beyond your own concerns
- Do not focus too much on appearance



**Self-Actualization**

**Esteem**

**Belonging**

**Safety**

**Physical Needs**

# ACHIEVING YOUR POTENTIAL

- Physical needs
  - Food, water, sleep
- Safety
  - Shelter, safe from violence, enough money to basic physical and safety needs
- Belonging
  - Connect with others, friends and family, love and acceptance
- Esteem
  - Approval of others, recognition, respect, appreciation, attention
  - Self-esteem
- Self Actualization