SELF-ESTEEM AND EMOTIONS

CHAPTER 2

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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

2.

3.

4.

WEAKNESSES

- 1.
- 2.

3.

4.

What can you do to improve your selfesteem?

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

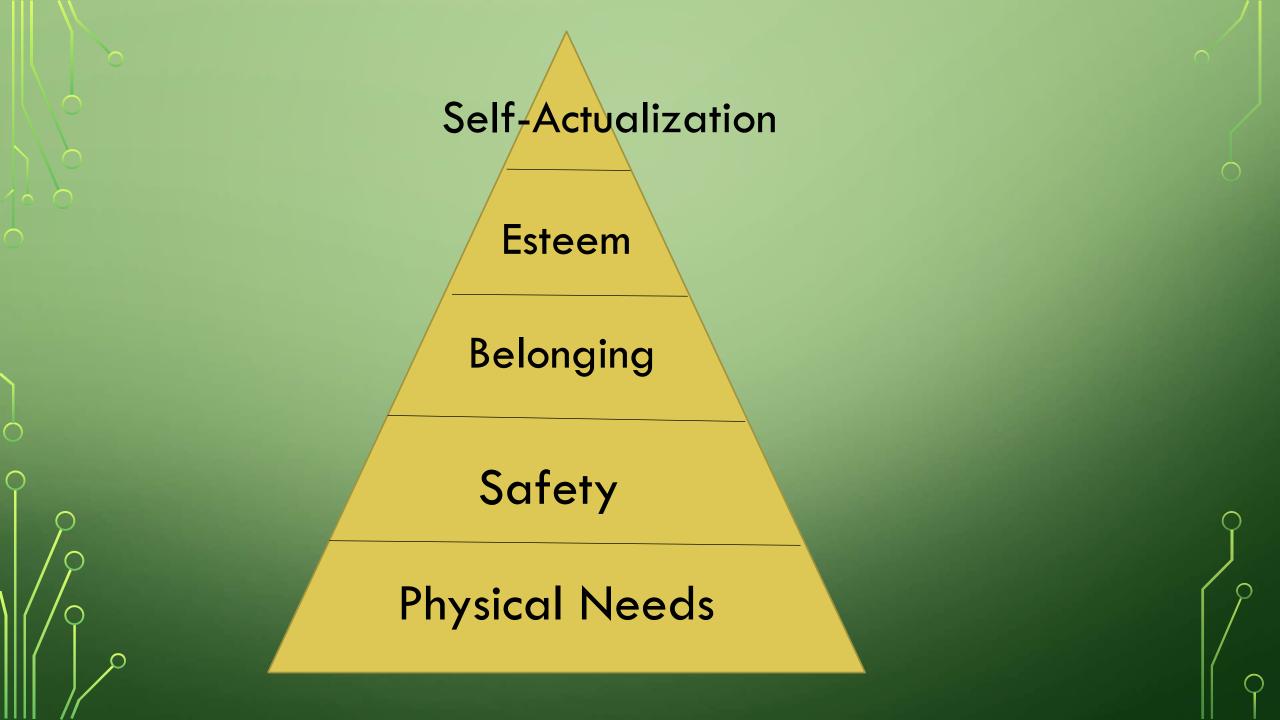
- Low self respect
- Judge themselves harshly
- Worry what others think about them
- Fear of failure may prevent them from trying new things
- Negative thoughts
- Violent or destructive behaviors
 - Use drugs, Drop out of school, Unwanted pregnancy, Eating disorders

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



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