



Building Positive Self-Esteem: Strategies for Success Participant Workbook

Introduction and disclaimer



Penn State Health



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Objectives

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This training is designed to help you:

- Define self-esteem
- Understand the benefits of healthy self-esteem
- Review 15 practical strategies for raising self esteem
- Learn how to counteract negative “self-talk”
- Practice 7 activities that boost self-esteem
- Discuss where to turn for additional help, if needed

What would you like to get out of today’s presentation?



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Defining self-esteem

Defining self-esteem



- Your overall opinion of yourself
- How you honestly feel about your abilities and limitations
- May fluctuate over time, but generally stays within a range:
 - Overly high self-esteem
 - Low self-esteem
 - Healthy self-esteem

How would you currently rate your self-esteem?



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15 strategies to boost self-esteem

15 strategies to boost self-esteem

1. Pay attention to your own needs and wants
2. Take very good care of yourself
 - Nutrition
 - Exercise
 - Appearance & grooming
 - Medical care



How is this concept working, or not working, for you?



15 strategies to boost self-esteem continued

15 strategies to boost self-esteem continued

- 3. Take time to do things you enjoy
- 4. Get something done
- 5. Use your talents and abilities
- 6. Dress in clothes that make you feel good
- 7. Give yourself rewards



How can this apply in your personal life?



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15 strategies to boost self-esteem continued

15 strategies to boost self-esteem continued

- 8. Spend time with people who treat you well
- 9. Make your living space a place that honors you
- 10. Display items that you find motivating
- 11. Make your meals a special time



Who can be a support for you with this?



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15 strategies to boost self-esteem continued

15 strategies to boost self-esteem continued

- 12. Learn something new or improve your skills
- 13. Begin doing things that will make you feel better
- 14. Do something nice for another person
- 15. Treat yourself well every day

**“I am a very special, unique and valuable person.
I deserve to feel good about myself.”**

What strategy would you like to focus on first?



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Changing negative thoughts about yourself to positive ones continued

Changing negative thoughts about yourself to positive ones continued

- Replace the negative thought with the positive one every time you realize you are thinking it
- Repeat your positive thought over and over to yourself, and even share it with another person
- Write them over and over
- Make signs that say the positive thought and keep them where you will always see them



What are some positive messages you can replace the negative ones with?



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7 activities (#1): make affirming lists



- Your 5 greatest strengths
- Your 5 most admirable qualities
- Your 5 greatest achievements
- 20 accomplishments
- 10 ways to treat yourself
- 10 things that make you laugh
- 10 ways to help someone else
- 10 things that make you feel good about yourself

What are some things you're proud of in your life?



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7 activities (#2): develop positive affirmations

7 activities (#2) Develop positive affirmations

- I feel good about myself
- I take good care of myself
- I eat right, get plenty of exercise, do things I enjoy, get good health care and attend to my personal hygiene needs
- I spend my time with people who are nice to me and make me feel good about myself
- I am a good person
- I deserve to be alive
- Many people like me

What can you put on your affirmation list?



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7 activities (#3 - #6)



- Do an appreciation exercise
- Develop a self-esteem calendar
- Do a mutual complimenting exercise
- Pick up some self-esteem resources



Which activity do you want to incorporate first into your daily routine?



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7 activities (#7): reinforce a positive self-image

7 activities (#7)
Reinforce a positive self-image

Group activity
(5 minutes)



What are some positive and good things about yourself?



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When to seek assistance

When to seek assistance

Ask yourself 2 questions:

1. Have you felt sad for several weeks, but don't know why you are feeling so sad?
2. Is this accompanied by other changes in sleep, appetite or other behavior?

If you answered yes:

- See your doctor for a physical examination
- Do some things that will help you to feel better right away
- Consider contacting your EAP for support

What small step will you take today to boost your self-esteem?



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What is SupportLinc?

What is SupportLinc?

The SupportLinc Employee Assistance Program (EAP) is a health benefit, separate from your medical insurance, offered by your employer to help you manage life's daily challenges.

SupportLinc can refer you to professional counselors, services and resources that will help you and your eligible family members resolve a broad range of personal and work-related concerns.

What services are included? Work-life benefits



Legal consultation

Free in-person or telephonic consultation with a licensed attorney
No employment law



Dependent care referrals

Expert referrals to child and adult/elder care providers, facilities and other resources



Financial consultation

Expert guidance and consultation from financial professionals



“Convenience” referrals

Guidance and referrals to a variety of daily living resources: home improvement, entertainment services, pet care, auto repair, wellness, travel, handymen, volunteer opportunities etc.



Identity theft consultation

Free consultation with an identity theft recovery professionals
Tailored recovery action plan



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Getting started



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Additional resources

More and more the power of optimism is becoming clear. Experts continue to find evidence that our expectations — positive and negative — don't just have psychological effects. They have physical effects as well. Some of the advantages linked to positive thinking include:

- Less stress
- Better overall physical health
- Better overall emotional health
- Longer lifespan
- Better coping skills

Self-esteem:

The most fundamental manifestation of positive thinking in our daily lives is the concept of self-esteem or self-confidence. A positive self-image is integral to leading a healthy life. Studies have shown that people who have confidence in themselves are better able to problem-solve and make decisions, take risks and assert themselves and work towards personal goals. They have healthier and stronger relationships with others. This allows them to lead and enjoy healthier, more productive and more fulfilling lives.

Most people have a bad day, or feel blue, from time to time. However, people who suffer from low self-esteem feel bad about themselves most, or all, of the time. These feelings prevent them from enjoying and making the most of their lives and having healthy relationships with others. In addition, people with poor self-image may be less likely to take good care of or treat themselves well. And low self-esteem often leads to stress and anxiety — which can dramatically affect your physical and mental health.

Tips for raising self-esteem:

- **Make your meals healthy and special.** Eat healthy foods and avoid junk foods (foods containing a lot of sugar, salt or fat). Turn off the television, radio and stereo when you eat. Set the table, even if you are eating alone. Arrange your food in an attractive way on your plate. If you eat with others, encourage discussion of pleasant topics.
- **Exercise.** Moving your body helps you to feel better and improves your self-esteem. Arrange a time every day or as often as possible when you can get some exercise, preferably outdoors. Note — if you have a health problem that may restrict your ability to exercise, check with your doctor before beginning or changing your exercise habits.
- **Take time to do things you enjoy.** Make a list of things you enjoy doing. Then do something from that list every day. Add to the list anything new that you discover you enjoy doing.
- **Engage in activities that make use of your own special talents and abilities.** If you are good with your hands, then make things for yourself, family and friends. If you like animals, consider having a pet or spending time with friends' pets.



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Additional resources continued

- **Do things that make you feel good about your appearance.** Dress in a way that makes you feel good about how you look. If you have little money to spend on new clothes, check out thrift stores in your area. Do personal hygiene tasks that make you feel better — things like styling your hair, getting a haircut or getting a manicure.
- **Spend time with people who make you feel good about yourself** — people who treat you well. Try to avoid people who treat you badly.
- **Make your living space a place that honors the person you are.** Whether you live in a single room, a small apartment or a large home, make that space comfortable and attractive for you. If you share your living space with others, have some space that is just for you — a place where you can keep your things and know that they will not be disturbed and that you can decorate any way you choose.
- **Display items that you find attractive or that remind you of your achievements or of special times or people in your life.** If cost is a factor, use your creativity to think of inexpensive or free ways that you can add to the comfort and enjoyment of your space.
- **Take advantage of opportunities to learn something new or improve your skills.** Take a class or go to a seminar. Many adult education programs are free or very inexpensive. For those that are more costly, ask about a possible scholarship or fee reduction.
- **Begin doing those things that you know will make you feel better about yourself** — like going on a diet, beginning an exercise program or keeping your living space clean.
- **Make it a point to treat yourself well every day.** Before you go to bed each night, write about how you treated yourself well during the day.

You will find that you will continue to learn new and better ways to take care of yourself. As you incorporate these changes into your life, your self-esteem will continue to improve.

For further resources, please go to your portal and use the search bar to type in “Challenging Negative Thoughts Flash Course” and “Improving Self-Esteem Flash Course.”



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