

TWW Inc October 2017 Article Self Esteem (Part 1)



Self-Esteem: A Serious Challenge.

As we work with many people, many cultures, many religions, no matter the age, one of their biggest challenges is self-esteem.

Most people feel bad about themselves from time to time. Feelings of low self-esteem may be triggered by being treated poorly by someone else recently or in the past, or by a person's own judgments of him or herself. This is normal. However, low self-esteem is a constant companion for too many people, especially those who experience depression, anxiety, phobias, psychosis, delusional thinking, or who have an illness or a disability. So many people may go through life feeling bad about them needlessly. Low self-esteem keeps individuals from enjoying life, doing the things they want to do, and working toward personal goals. A person has a right to feel good about them. However, it can be very difficult to feel good about oneself when they are under the stress of having symptoms that are hard to manage, when they are dealing with a disability, when they are having a difficult time, or when others are treating them badly. At these times, it is easy to be drawn into a downward spiral of lower and lower self-esteem.

Then a person begins to give themselves negative self-talk, like "I'm no good." That may make them feel so bad about themselves that they do something to hurt themselves or someone else. By using positive activities, a person can avoid doing things that make them feel even worse and do those things that will make them feel better about themselves. We are up to the challenge to raise self-esteem, but, it is important to understand that low self-esteem may be due to depression. Low self-esteem is a symptom of depression. To make things even more complicated, the depression may be a symptom of some other illness. So the challenge will be there.

TWW Inc program will be using techniques to raise self-esteem, such as:

1. Changing negative thoughts to positive
2. Specific activities to help a person feel about themselves

3. Reclaiming who you are (Appreciation, Self-Acceptance, Self-Worth, Self-Assessment, Positive self-care strategies, and more)

Things You Can Do Right Away Every Day to Raise Your Self-esteem

Pay attention to your own needs and wants. Listen to what your body, your mind, and your heart are telling you. For instance, if your body is telling you that you have been sitting down too long, stand up and stretch. If your heart is longing to spend more time with a special friend, do it.

If your mind is telling you to clean up your basement, listen to your favorite music, or stop thinking bad thoughts about yourself, take those thoughts seriously.

Take very good care of yourself. As you were growing up you may not have learned how to take good care of yourself. In fact, much of your attention may have been on taking care of others, on just getting by, or on "behaving well." Begin today to take good care of yourself. Treat yourself as a wonderful parent would treat a small child or as one very best friend might treat another. If you work at taking good care of yourself, you will find that you feel better about yourself.

Here are some ways to take good care of you.

Check with your doctor before beginning or changing your exercise and/or eating habits.

Your check list and you can make one up for yourself

- Eat healthy foods and avoid junk foods A healthy daily diet
- Exercise.
- Take time to do things you enjoy
- Get something done that you have been putting off.
- Do things that make use of your own special talents and abilities
- Dress in clothes that make you feel good about yourself.
- Give yourself rewards, you are a great person.
- Spend time with people who make you feel good about yourself people who treat you well. Build a supporting network.
- Make your living space a place that honors the person you are.

- Display items that you find attractive or that remind you of your achievements or of special times or people in your life.
- Make your meals a special time
- Take advantage of opportunities to learn something new or improve your skills
- Begin doing those things that you know will make you feel better about yourself.
- Do something nice for another person.
- 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 may be doing some of these things now. There will be others you need to work on. You will find that you will continue to learn new and better ways to take care of yourself.

