

Activities That Will Help You Feel Good About Yourself

- Take very good care of yourself: eat healthy, exercise, take time to do things you enjoy, get enough sleep.
- Get something done that you have been putting off.
- Do things that make use of your talents and abilities.
- Dress in clothes that make you feel good about yourself.
- Spend time with people that make you feel good about yourself.
- Make affirming lists - your strengths, things you admire about yourself, your greatest achievements.
- Set achievable and realistic goals. When you achieve them, reward yourself and let others congratulate you.
- Accept compliments, say thank you and smile.
- Act like the person you want to be. The longer you act like the person you want to be, the more likely you will become that person.
- Stand, walk and talk confidently.
- Change negative thoughts about yourself into positive ones.
- Believe in yourself, and accept your own uniqueness.
- Be spontaneous, and try not to take yourself too seriously.
- Do not worry too much about what other people think of you.
- Be yourself, and do not attempt to be all things to all people.

For more information on developing positive self-esteem, contact your Employee Assistance Program at 701.530.7195 or 800.327.7195

Remember, your Employee Assistance Program is:

- **Confidential:** All information is strictly between you and the counselor.
- **Informal:** A simple phone call starts the process, and there is no red tape.
- **Free:** Your employer has paid the fees. There's no charge for initial counseling services.



Employee Assistance Program

310 North 10th Street
Bismarck, ND 58501
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Employee Assistance Program

Developing Positive Self-Esteem





Building Self-Esteem

We all have a mental picture of who we are, how we look, what we are good at and what our weaknesses might be.

We develop this picture over time, starting when we are very young. The term self-image is used to refer to a person's mental picture of himself or herself. A lot of our self-image is based on interactions we have with other people and our life experiences, which also contribute to our self-esteem.

Self-esteem is all about how much we feel valued, loved, accepted and thought well of by others - and how much we value, love and accept ourselves. People with healthy self-esteem are able to feel good about themselves, appreciate their own worth and take pride in their abilities, skills and accomplishments. People with low self-esteem may feel as if no one will like them or accept them or they can not do well in anything.

We all experience challenges with self-esteem at certain times in our lives, especially during our teens when we are figuring out who we are and where we fit in the world. The good news is everyone's self-esteem changes over time, self-esteem is not fixed for life. So if you feel your self-esteem is not all it could be, you can improve it.

Accepting Who You Are

Although others may influence us, we are the ones who determine our self-esteem. We do that by how we live our lives, how we treat others and how closely we adhere to our personal value system. If self-esteem is high, it serves as a secure foundation from which we can move optimistically through life. If low, it can cause increasing pessimism and self-doubt. Self-confidence begins with your own attitude.

Changing Negative Thoughts to Positive Ones

You may be giving yourself negative messages. You learned these messages from many different sources including other people, teachers, family members, the media and society. Once you have learned this negativity, you may repeat it over and over to yourself, especially when feeling down or having a hard time. You even may come to believe it. You may have worsened the problem by making up some negative messages or thoughts of your own. These negative thoughts lower your self-esteem.

Some examples of common negative messages include "I am a jerk," "I am a loser," "I never do anything right." Most people believe these messages, regardless of whether or not they are true. You may think these thoughts so often you become unaware of them. It is important to recognize these thoughts and start changing them into positive ones. In the box below are some examples. It is important to replace your negative thoughts with positive ones, repeat them, write them down and give yourself reminders to think positively.



Believe In Yourself

Negative Thoughts

- I am stupid.
- I am a jerk.
- I am not worth anything.
- I always make mistakes.
- I do not deserve a good life.
- I have never accomplished anything.

Positive Thoughts

- I am smart.
- I am a great person.
- I am a valuable person.
- I do many things well.
- I deserve to be happy and healthy.
- I have accomplished many things.