

Teacher: Fatima Abdullah Shkour.

# Summary

**Unit:2**

**(Self-esteem and emotional health)**

**Grade:12**

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## Self- esteem

### What is self-esteem?

Self -esteem is how we think and feel about ourselves.it is an emotional evaluation of our own self

It is about being happy with who you are ,even with your faults .self- esteem is about how you value yourself.

### What are the signs of low self-esteem?

- Saying / thinking negative things and being critical about yourself .
- focusing on your negatives and ignoring your achievements.
- thinking other people are better than you .
- not accepting compliments .
- feeling sad , depressed, anxious , ashamed or angry .
- effects of low self-esteem

### The negatives effect of low self-esteem.

- difficulty with relationships with others
- problems at school
- become very upset by criticism or disapproval
- withdraw from activities and people
- negative lifestyle choices
- less likely to stand up for yourself against others who are not being nice to you.

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## **How to improve your self-esteem and emotional health?**

- think about things you are good at, what your strengths
- celebrate the small things in your life
- challenge your negative thinking – look for different explanations and put things into perspective
- think about things you can change – do not worry about things you cannot change
- avoid trying to do things perfectly – perfection is not possible
- stop beating yourself up if you make mistakes- everyone makes mistakes
- do things you enjoy – it is easier to be positive when you are doing things you like
- be with people who do not bring you down
- volunteer to help other people -this can make you feel better about yourself
- exercise – it can improve your mood

## **Brain pathways**

When you begin learning something , the pathway or connection is weak, when you think of something again and again , the pathway becomes stronger making it a regular habit of thinking.

## **How your self- esteem develops ?**

- 1-when you were born, your self -esteem started to grow
- 2-as a baby , you start to learn about self worth
- 3-as you get older , your thoughts about yourself are influenced by those around you and the things that you see and hear
- 4- you begin to compare yourself to others ,becoming more aware of your strengths and your limitations
- 5- your self-esteem grows when have positive people around you

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### **What are the reasons for low self- esteem ?**

- 1-traumatic experiences that have "knocked your confidence"
- 2-negative life events such as (losing a job , losing a close family member , frustrating relationships ,a general sense of control

### **Low self – esteem is linked with emotional health**

- can make self – esteem worse
- emotional health conditions such as depression
- tend to see the world as an intimidating place, they are reluctant to express and assert themselves , they miss out on experiences and opportunities , feel powerless to change things

### **Discuss ways to promote high self-esteem in self and other.**

- 1- Make friends ,getting to know people and making positive connections ,having good people around you lets you know that you are supported
- 2- Eat right , having a healthy diet is important to your body and mind , when you eat not well , your brain cannot function properly , eating healthy foods regularly can have a positive impact on your emotional health
- 3- Sleep, get 8 hours of sleep a night , your body and mind can rest and recharge .
- 4- Exercise , helps you feel better, released "happy hormones" called"endorphins " which improve your mood ,reduces stress, increases your confidence , can help keep you calm.
- 5- Talk to someone ,talk to a friend or family member .

### **What makes you feel good?**

"exercise , go to the cinema , go out for food with friends, go shopping, talk to family, relax, bake , learn a new skill , go to beach, talk to friends , make new friends in school, say something nice to

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someone , give someone a gift , spend time alone, go to the library, read a book, play sports , write down your goals, watch a funny film, make a "to do list".

## What does self-esteem look like ?

### People with high self – esteem:

- are confident
- are aware of their strengths
- are happy with themselves
- see their own qualities and are kind to themselves and others
- believe in themselves even if they fail at something
- accept themselves for who they are
- ask for help when they need it

### People with low self- esteem:

- do not feel good about themselves
- think that they will fail at everything
- are less likely to look after themselves
- feel that they are not respected or liked

## The difference between self – esteem and self confidence .

**Self- esteem** is valuing ourselves as a person , knowing and feeling that we are valuable and loved.

**Self- confidence** is how we feel about ourselves and our ability to do something . it is feeling sure of yourself , having a quite inner knowledge of what you can do .(high self- esteem has a positive effect on our confidence)

## Why are self -esteem and self- confidence important?

Having high self-esteem and self – confidence is important as:

- help you to achieve your goals
- important for your success in most aspects of life
- help you when you making lifestyle changes and improvements to your health

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### **Confidence and self- esteem in leaders**

- one of the top traits of successful and powerful leaders is that they are confident and have high self-esteem.
- if someone is confident in what they are saying ,you are more likely to listen to them. They are not threatened by anyone who is better than they are at something .
- if you are confident in yourself ,you do not care of other abilities

### **How can you increase your self-esteem?**

- 1-give praise to your friends when they have reached a goal
- 2-support your friends by listening to them when they have a problem
- 3-help someone by giving good advice
- 4-say positive things to someone who is not very confident
- 5- give compliments
- 6-support them in areas they are not confident in
- 7-help them set and achieve their goals

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