

Boosting Self-Esteem

Self-esteem is a psychological term that refers to an individual's overall subjective evaluation of their own worth, value, and perception of themselves. It involves how a person views and feels about their own abilities, qualities, achievements, and characteristics. Self-esteem encompasses a person's beliefs and judgments about themselves, including their self-worth, self-confidence, and self-respect. It influences how individuals perceive and interact with the world, as well as their emotional well-being and behavior. Healthy self-esteem involves having a positive and realistic self-image, a sense of personal value, and the belief in one's own capabilities and worthiness. It plays a crucial role in shaping an individual's overall mental and emotional well-being and is influenced by various factors, including upbringing, experiences, social interactions, and personal achievements. Remember that building self-esteem takes time and patience. Be kind and

patient with yourself as you work towards developing a positive self-image and a healthier sense of self-worth.

Raising self-esteem is a gradual process that requires self-reflection, self-care, and consistent effort. Here are some strategies to help boost your self-esteem:



Practice self-compassion: Treat yourself with kindness, understanding, and forgiveness. Embrace your imperfections and remind yourself that everyone makes mistakes.

Challenge negative self-talk: Become aware of negative thoughts and replace them with positive and affirming statements. Focus on your strengths, accomplishments, and positive qualities.

Set realistic goals: Break down big goals into smaller, achievable steps.

Celebrate your progress along the way and acknowledge your efforts.

Surround yourself with positive people: Surround yourself with supportive and uplifting individuals who appreciate and value you. Limit your exposure to negative influences that bring you down.

Engage in self-care: Take care of your physical, emotional, and mental well-being. Prioritize activities that nourish and rejuvenate you, such as exercise, healthy eating, getting enough sleep, and engaging in hobbies you enjoy.



Self-care. Connect
Contact your EAP at
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