

Week 9
Building Confidence and Self Esteem
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Self Esteem Is a person's overall sense of self, his or her value or worth. Self-esteem is what we think, feel and believe about ourselves. It is how a person measures or likes himself or herself. A favorable or in some cases an unfavorable attitude or view of self.

Factors that influence self-esteem are: genetics, age, personality, life experiences, social circumstances, reactions of others and comparisons to others.

Self-esteem is not fixed but malleable, can be modified and increased especially in children.

People with higher self-esteem:

1. Appreciate self and others.
2. Enjoy growing and finding meaning in life.
3. Make their own decisions.
4. See the world in realistic terms.
5. Can concentrate on solving problems in their life.
6. Speak up about their opinions calmly and kindly.
7. Believe they are equal to others.
8. Reject the attempts of others to manipulate them.
9. Can handle criticism without taking it personally.

Difficulties that result from lower self-esteem:

1. Increased anxiety, possible depression.
2. Possible social difficulties.
3. Possible academic and job difficulties.
4. Increased vulnerability.
5. Sensitive to criticism.

Enhancing self-esteem:

1. Set small reachable goals, set small steps and build on the steps.
2. Acknowledge accomplishments and mistakes.
3. Stop comparing self to others.
4. Spend time with people who lift you up.
5. Give back to others by helping others.

6. Celebrate achievements, no matter how small.
7. Do things that make you happy.
8. Change what you can and let go of what you can't.
9. Speak to yourself like a friend. "What would I say to a friend I care about in this situation." This is a way of learning self-compassion.

Ways to increase self-esteem in children:

1. Give children choices; learning to make simple choices will be helpful for bigger choices later on.
2. Don't do everything for your child; let them work things out for themselves.
3. When mistakes come and they will, explain that no one is perfect and everyone makes mistakes.
4. Offer sincere praise; be specific and concrete about praise. Children understand insincere praise, for example you are the best artist, instead, "I really like the way you drew the whole family in that picture".
5. Give your child chores and responsibilities; these accomplishments will increase feelings of competency and problem solving abilities.
6. Don't compare children to each other; each is unique and capable in their own way.
7. Don't belittle their feelings; acknowledge their feelings.
8. Spend time one on one with your child.
9. Ask your child age appropriate advice about something that they are good at.
10. Let your child overhear you speaking positively about them to someone else.

Activities/Games for increasing self-esteem with children:

1. Make a brag box. Write down something your child did well place it in the box, at the end of the day or when child is having a difficult day review the "brags" with your child.
2. Let your child choose a game something simple for example, follow the leader and have them be the teacher/leader.
3. For younger children have them be the line/leader when going outside or performing activities around the house.
4. Chart chores/responsibilities and review these regularly with your child.