

What is self esteem?

- Morris Rosenberg, a sociologist, defines self esteem as an individual's positive or negative attitude toward oneself and one's evaluation of one's own thoughts and feelings overall in relation to oneself.
- In other words it is the confidence that one has over one's own worth and abilities.
- Being one of the most basic needs of our life, self esteem impacts almost every arena of our life and thereby the quality of our life.

Why is it important?

Studies:

- have detected a correlation between low self esteem and depression, anxiety and suicidal ideation and attempts in adolescents. [\[1\]](#)
- have shown that people with low self esteem tend to have poorer relationships. [\[2\]](#)
- have shown that high self esteem is key to positive mental health and well being. [\[3\]](#)
- shows that those with higher self esteem tend to be more happier, satisfied and tend to have fewer negative moods. [\[4\]](#)
- shows that there is a significantly positive relationship between self esteem and academic performance. [\[5\]](#)

How to build self esteem?

- Having realistic expectations- It is okay to feel low and disappointed when we do not achieve the goal that we set forth for ourselves. Failure to reach the goal may lead to low self esteem. Something that can help in combating it is by having realistic expectations which also means realistic goals. This prepares you better and also prepares you for the results. [\[6\]](#)
- Cashing on your support group- Building a strong support group that involves parents, friends, teachers, pets and more senior others will make you feel good about yourself.

Additionally, when you feel low, the support group is there to boost your self esteem.

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- Being your biggest supporter- The best way to build self esteem is by being kind to yourself, recognising one's own strength, believing in yourself and value and appreciate yourself. [\[8\]](#)
- Establishing positive relationships- When a person surrounds themselves with people who appreciate them and motivates them, self esteem rises. Even when we fall down, a strong net of people will be there to help us back. [\[9\]](#)
- Challenge yourself- One of the most important signs of a healthy self esteem is to challenge oneself, set a goal and reach that goal. Achieving goals can boost one's self esteem. Start with simple challenges like going to the gym or finishing a book. [\[10\]](#)
- Converting negative thoughts into positive thoughts- When hit by an unfavourable circumstance, it is natural to have a flow of negative thoughts. During those times, practice converting negative thoughts into positive ones. An example would be, "I will never get over this embarrassing situation. This thought can be altered as, "It was just one situation and that doesn't define me" [\[11\]](#)
- Black and white thinking- All of us are guilty of thinking the extremes! "Either I am excellent at a given task, or I am horrible". This is not the case. Avoid thinking in extremities and as mentioned earlier be kind to yourself. [\[12\]](#)
- Avoid social comparisons- One of the biggest reasons why teenagers have low self esteem is comparing oneself with others, be it in terms of academics, physical features or others. Stop comparing yourself and understand that your comparison affects no one else but yourself. [\[13\]](#)
- Do things that you enjoy- One of the best ways to feel good about yourself is to do those things that you enjoy like playing guitar or drawing or gardening. [\[14\]](#)

- Understanding yourself- Increased self awareness helps you understand yourself, your weaknesses and your strengths. This can be used during challenging times. [\[15\]](#)
- Volunteering for community- Volunteering for one's community increases our sense of belonging and our sense of purpose. [\[16\]](#)
- Taking part in sports activities- Studies show that taking part in sports activities starting from adolescence improves your self esteem. [\[17\]](#)

To know more about self esteem: Self esteem FAQ [\[18\]](#)

To know your score on self esteem- Self esteem scale [\[19\]](#)

Create a list of things that you like about yourself:

For example: 1) I love my caring attitude.

2) I love how I am a stickler for routine.

3) I love how sincere I am about myself.

Design your own affirmations for every morning.

For example: 1) I am strong

2) I am confident

3) It is okay to not be okay.