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Self esteem powerpoint middle school

Good self-esteem will help you make the right choices, have a healthy attitude to your well-being, and live authentically. And it's not defined by six packs, a six-figure career or a good buzz after six beers. It's deeper. That's how you feel about yourself. Unfortunately, many of us sabotage our self-esteem unconsciously (and then wonder why we feel like sh). Could you hold yourself in your hands?1. Don't get hung up on mistakes. So you weren't getting ready for the meeting two months ago. Or you made an insensitive comment to a friend. Maybe you have credit card debt you feel shame over. It is ok. Fix what you can. Move on. Find out. Live now. Age when people feel most confident is much older than you think 2. Stop hanging out with people out of loyalty, not intention. You hang out with people because they're offended if you don't? It's the worst reason to be friends. Your team should inspire and uplift you, and when you tell them about your life goals, they should encourage you at every turn. Start using your secret talents. Gifts you stop using (writing, training, designing, listing can continue...) will make you miserable over time. Your skills are there to be used and bring joy to all who are faced with them. They can even make a sweet hustle side 4. Put yourself first. Just say no three times this week. Give it a shot. No - it's the magic word you've been waiting for - don't waste your self-esteem by ruining a second sense of guilt for not making people happy5 Eat food that makes you feel good. I love the dollar menu, don't get me wrong. But the way we eat is also a reflection of how much we love our bodies. Are you getting cheaper on yourself for no reason? Let on the incredibly fresh taste of organic tomatoes. Heck-go for the second least expensive white wine on the menu the next time you go to dinner. Mini updates like this go a long way!6. Stop trying to keep up with the cool crowd. Be honest. Who are you trying to please? I know a girl who just bought a \$200 sweater to impress a new friend at work when she had a party at the house. No one noticed the sweater, and now it's \$200 poorer. Cool crowd is an illusion because it is constantly changing. Buy things because you need it, and/or it brings you joy - and for no other reason.7 Stop procrastinating. Procrastination is directly related to our self-esteem. Why use delaying tactics on something that will benefit you? Busy and stop sabotaging yourself. What exactly are you waiting for? It's never the right time. 8. Give yourself permission to leave. Do you have to leave? Change can be terrible, yes, but nothing changes if nothing changes.9 Ask for more. People who ask get it. It's that simple. But if you don't feel worthy, you probably aren't asking enough. What can you check? Asking for a favor from a friend? Ask To Ask Raise? Asking for help at work? There's power (and results) in asking.10. Don't blame the shift. Who do you blame when you really have to be accountable to yourself? Accountability and responsibility always feel much stronger and empowering in the long run.11 Stop believing you're not ready. Hey, guess what? You're dying. Yes. Every day you eat to sleep, it's one less than your days here on Earth. You were born ready. It's all temporary. Do that damn thing.12 Avoid criticizing others. That's not good, is it? This is because we do it when we feel bad about ourselves. It's a reflection of us. Can you try to stop it, even for a week? 13. Remember self-compassion. Self-compassion actually matters more than self-esteem. It's about being kind to yourself no matter what. And that means being patient, loving and accepting yourself, even if you tick off every mistake on this list. Try to approve yourself a little more. Remember what you like about yourself: I'm good at things! I'm a decent cook! I'm doing a badass tripod headstand! I am not perfect in my marriage, but I am loving and devoted. I deserve good things in my life. Notice what is going on correctly and what feels good when thinking and see what happens. Then is it a new compassion for yourself? If you keep it up just a little bit, your self esteem will take care of yourself. Susie Moore is a Greatist Life Coach columnist and trust coach in New York. Sign up for free weekly wellness tips on her website and check every Tuesday for her latest No Regrets column! When I was about six years old, my mother was cleaning my hair before school when I asked her a question. Am I ugly? I asked, looking at her and my reflections in the mirror in front of me. She gasped in horror at the question and stopped running the brush through my hair. She said no (hurrah, Mom!), then asked me where the question was coming from. The boy in my class called me ugly in the playground. It was the first time I remember feeling bad about myself. But this was only the beginning of a very long, very problematic relationship with himself. This boy in the playground wasn't the last one to call me ugly. He was certainly not the last person to make me question my sense of myself. I know I'm not alone in feeling that way. If you're reading this, you might have a similar story about the first time you ever wondered out loud or quietly whether you're ugly, whether you're not smart, whether it's a bad person. A few months after turning 31, I hit an all-time low point in my self-esteem. But then something clicked - I'm so tired of feeling bad about myself, so tired of the dislike of everything about me. There's a lot of useless platitudes on the Internet about self-esteem telling someone with low self-esteem love love just isn't going to cut it. I wanted to find tangible strategies that I can use in my daily life to work on my self-esteem. I wrote this article for myself and for anyone who has ever wondered what to do with persistent low self-esteem. Dispute your negative thoughts Negative thoughts can be very persuasive. I believed in a lot of terrible things I thought of myself. Daniel Fryer, a psychotherapist at Bristol's Priorate Hospital, recommends challenging your negative thoughts. Every time you think or say something negative about yourself, challenge it by reminding yourself of something you've done well or succeeded in, fryer says. In this way, you will replace self-criticism with self-compassion. Psychotherapist Owen O'Kane - a former NHS clinical lead for mental health - says you don't have to believe everything you think. It's often easy to get into patterns where people, situations or circumstances are misinterpreted, says O'Kane. If some of your thinking patterns are usually critical, subjective, or think the worst, it can lead you to inaccurate perspectives. He advises you to observe your perspectives and re-examine them if they are prone to re-criticism. The practice of unconditional self-acceptance is like ranking ourselves based on our success, Fryer explains. If you have low self-esteem, this rating can be based on what you perceive as your shortcomings. When you base your confidence on things you need something to go well for your confidence to go up, but when something goes wrong, your confidence nosedives, says Fryer. You have value as you do because you are you: the man on this planet. Per Fryer, Rational Emotional Behavioral Therapy (REBT) - a form of cognitive behavioral therapy (CBT) developed by Dr. Albert Ellis - promotes unconditional self-reemism. With it, every person on the planet is a worthy, by mistake person, capable of both success and failure, he says. If you need confirmation to repeat to yourself in difficult days, or even every day, let it be the following from Fryer. You have value as you do because you are you: the man on this planet. The basis of your confidence in this notion is that you have the worth of what you have enough as is. Remind yourself of this daily. Keep compliments magazine adviser Sophie Robinson-Matthews, who is part of the Counselling Directory (a database of 15,000 occupational therapists in the UK), recommends keeping a journal every day every positive, compliment, or praise that is said about you or your work. You may feel a little weird doing it, but why not give it a go? If you get the same comment several times, keep counting next to it, but keep this log every day, she says. At the end of each week, browse the magazine and ask yourself these questions: What are my initial feelings when read this magazine? On a scale of 0-10 (0 be none and 10 be a huge amount), how much do I believe all these positive things are true to me? While you're reviewing the magazine, go through the statements you've tagged down and ask yourself what comments you think are true, which ones may be true, and which ones you don't believe. Keep a Journal of Achievement If writing a list of compliments isn't your thing, why not try to keep a journal about your achievements? Every day, write down what you did well that day, or achieved that day, suggests Fryer. It can be anything from completing the task of doing some life admin to making your own dinner the night before - whatever you feel proud of. Fatmata Kamara, a consultant specialist at British medical company Bupa, advises keeping a journal to keep track of the different feelings you experience, ultimately guiding it back to some positives. You can also use the magazine to write down a few things you like about yourself, she says. It may seem strange at first, but you will feel more comfortable the more you practice it. Avoid comparing yourself to others it's really hard to avoid comparing yourself to others - especially if you're spending a decent chunk of time on social media. If you're worried about the impact of social media on your self-esteem, read my article on how people protect themselves from self-comparison. Sophie Hagen - fat reception activist and author of Happy Fat - suggests unfollowing any social media accounts that make you feel bad about yourself. Unfollow, unfriend, hide, block, dumb. Do this to every social media account you follow that makes you feel bad, Hagen wrote in Happy Fat. Whether it's your friend from school or some famous vlogger. It doesn't make you petty or jealous. It just makes you a person who is receptive. And we all do. Fryer also speaks out, reminding himself that life is not a competition. Everyone else on this planet is a stroking man. This means that they have their own successes and shortcomings. The only person you need to compare yourself to is you, he says. Treat yourself to how you would treat a friend you may notice a noticeable difference in how you talk to your friends when they have a hard time compared to your own inner voice during a difficult period. It's very easy to treat yourself harshly or critically when something goes wrong, with inner idiot cries, or stupid, says O'Kane. Could you talk to someone you care about in the same way? I'm guessing probably not. How we treat ourselves has a huge impact on our mental well-being. compassionate approach to yourself will change your world and the people around you, he adds. In his book Over The Top, Jonathan Van Ness writes beautifully about learning to be a parent and treating yourself Learning a parent yourself, with soothing compassionate love, forgiving yourself, and learning from all the decisions you've made to get you where you are - is the key to fulfilling, writes JVN. Learn to be a dream parent cheerleader for yourself. It's been in you all this time. And no matter how down you get, you can always make a magnificent recovery. Set boundaries Sometimes my low self-esteem makes me want people to please. Kamara says that people with low self-esteem may feel they have to say yes to others, even if they don't want to. It can make you feel overwhelmed, resentful or depressed. If you don't like something, learn to say no, she says. Being assertive in this way means that you value yourself and others, and this should help you set clear boundaries. Dr Sheetal Sirohi, a consultant psychiatrist at The Borough Hospital Working, says that if you manage to improve your self-esteem yourself, well done. But if you're struggling, ask for help. Counseling or therapy can be great for self-improvement, says Sirohi. Others can help remove years of trauma and abuse that eats into self-esteem. A psychiatrist and/or psychologist can help not only give direction, but also support in stressful times when a person is vulnerable. I know, for example, that I have a tendency to be extremely unforgiving and unkind to myself. My inner voice speaks to me in a way I would not have dreamed of talking to another person. If you allow me only one banality, it is so: be kind to yourself. Treat yourself to the same compassion that a friend needs. Have to.

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