

# Newsletter

# Topic of the Month: Self-Esteem

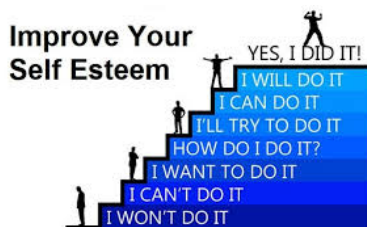
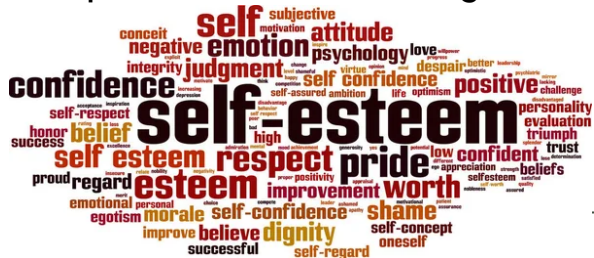
Low self-esteem can affect nearly every aspect of life. It can impact your relationships, job and health. But you can boost your self-esteem by:

1) Recognize situations that affect self-esteem; work, school, crisis at home, challenges with someone you're close to, changes in life that impact your daily life, etc.

2) Become aware of thoughts and beliefs; your thoughts and beliefs might be positive, negative or neutral. They might be rational, based on reason or facts. Or they may be irrational, based on false ideas. Ask yourself if these beliefs are true. Would you say them to a friend? If you wouldn't say them to someone else, don't say them to yourself.

3) Challenge negative thinking; your initial thoughts might not be the only way to view a situation. Ask yourself whether your view is in line with facts and logic. Or is there another explanation?

4) Adjust your beliefs; replace negative or untrue thoughts with positive, accurate thoughts.



Also notice if you're having these thought patterns that erode self-esteem:

- All-or-nothing thinking. This involves seeing things as either all good or all bad.
- Mental filtering. This means you focus and dwell on the negatives. It can distort your view of a person or situation.
- Converting positives into negatives. This may involve rejecting your achievements and other positive experiences by insisting that they don't count.
- Jumping to negative conclusions. You may tend to reach a negative conclusion with little or no evidence.
- Mistaking feelings for facts. You may confuse feelings or beliefs with facts.
- Negative self-talk. You undervalue yourself. You may put yourself down or joke about your faults.