

Self-esteem



Self-esteem

What is self-esteem?



What type of thoughts do you have about yourself?



Higher self-esteem = feeling good and confident

Self-esteem

What lowers our self-esteem?

Low self-esteem comes from things that make us feel down, or not good enough.

- Arguments?
- What others say about you?
- Making a mistake?
- Failing an exam?
- Being excluded from school?
- Body image pressures?
- How people talk to you?
- Things we see or read on social media?



What affects our self esteem - Social media

Social media can lower our self-esteem by...



Allowing how many 'likes' and followers we have determine our self-worth



Increasing our screen time, which can decrease our sleep time and lower our mood



Creating a fear of missing out and a worry our life isn't as good as others



Placing pressures or expectations on ourselves e.g. to look a certain way



Exposing us to inappropriate content or cyber bullying



What affects our self esteem - Social media

Social media can help our self-esteem by...



Being able to access helpful information about mental health and wellbeing e.g Young Minds and Childline



Helping us to connect with people and keep in touch with friends



Helps us to explore new interests and hobbies



Enables us to access support online with services such as Kooth



What affects our self esteem – Inner thoughts

What kind of thoughts do you usually have about yourself?



“I’m doing well at this.”
“I worked really hard on that.”
“I did my fair share of that.”
“I got that right!”
“I have enough good friends.”



“I should have done better at that.”
“I did okay on that, but NAME did better.”
“I’m rubbish at everything.”
“I’d be more popular if...”
“I wish I was...”

Self-esteem



Challenging negative thoughts?

Example:

Write down the thought- “Nobody cares about me”

Challenge the thought- “My sister phones me every week”

Say something good about yourself- “I’m a good listener”

Self-esteem

What increases our self-esteem?

High self-esteem comes from things that make us feel positive and confident.

- Keeping a friendship?
- Learning something new?
- Answering a question correctly?
- Overcoming a challenge?
- Passing an exam?
- Receiving a compliment?
- Be kind to yourself?



Building self-esteem

Be kind to yourself

Don't compare yourself
to others

Everyone is different

Be proud of your
opinions



Say kind things to
yourself and others

Help others out

Challenge negative
thoughts

Exercise

With **all of us** in mind.

Building self-esteem

Reduce your time on social media

Set yourself a time limit
e.g. 1-2 hours after school

Turn off social media at
least one hour before bed

Make plans to do things/
to meet people in person

Have a list of other
distractions so social media
isn't the first thing you turn to.



Schedule in time
when your phone is
turned off

Turn off notifications

Don't sleep with your
phone next to your bed

Self-esteem journal



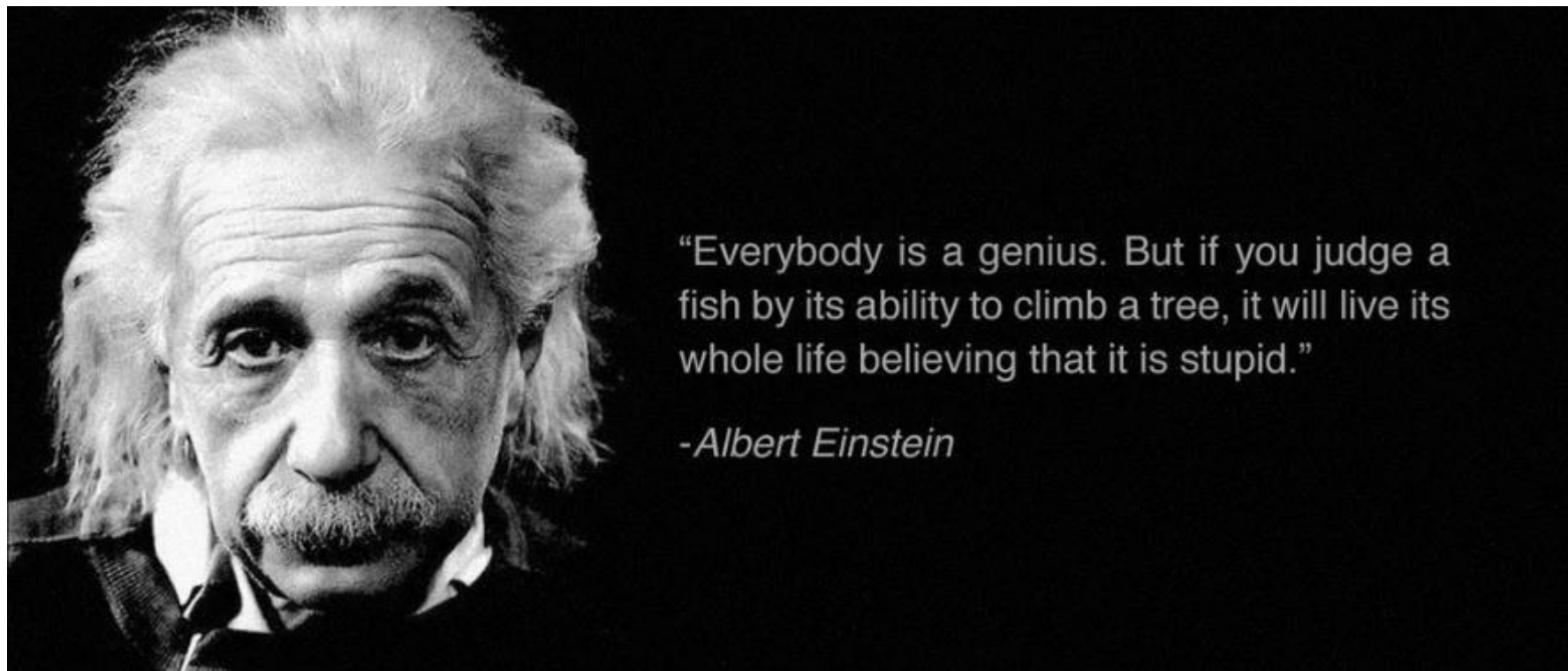
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Monday	
Something I did well today...	
Today I had fun when...	
I felt proud when...	
Tuesday	
Today I accomplished...	
I had a positive experience with....	
Something I did for someone...	
Wednesday	
I felt good about myself when...	
I was proud of someone else...	
Today was interesting because...	
Thursday	
I felt proud when...	
A positive thing I witnessed...	
Today I accomplished...	
Friday	
Something I did well today...	
I had a positive experience with...	
I was proud of someone when...	
Saturday	
Today I had fun when...	
Something I did for someone...	
I felt good about myself when...	
Sunday	
A positive thing I witnessed...	
Today was interesting because...	
I felt proud when...	

With **all of us** in mind.



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“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”

-Albert Einstein

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Thank you for listening