

SELF-ESTEEM

OVERVIEW

Self-esteem refers to the belief in oneself and abilities, and one's inward sense of respect, value, and worth. Self-esteem is shaped from an early age by factors including one's experiences and the type of feedback received from others playing a significant role in its development, as well as genetics that determine personality traits. The self-esteem held by an individual often plays a role in decision-making, the development of relationships, and motivation to achieve and fulfill one's potential.¹ These decisions and interactions can in turn impact all other areas of health including academic and career pursuits, the body, financial status, living environment, and spiritual involvement.

Self-esteem can be influenced by factors across each of the eight dimensions of health and can remain improve, decline, or remain relatively constant over periods of time. Though low self-esteem can be an indicator for several mental health diagnoses including depression,² self-esteem can be improved through a number of activities and practices. Participating in activities and practices such as acceptance, acknowledgement, appreciation, assertiveness, exercise, forgiveness, fun, and positive self-talk can help to boost self-esteem over time.³

RESOURCES

¹ <https://www.verywell.com/what-is-self-esteem-2795868>

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC194072/>

³ <https://www.betterhealth.vic.gov.au/health/healthyliving/self-esteem>

ADDITIONAL INFORMATION

For more information, tools, and resources about self-esteem, visit:

<http://kidshealth.org/en/teens/self-esteem.html>

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-esteem/art-20045374>

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/#.WEcuWPkrLIU>

<http://psychcentral.com/lib/how-to-raise-your-self-esteem/>

<https://www.psychologytoday.com/blog/the-integrationist/201308/building-healthy-self-esteem>

<http://www.todaysparent.com/family/parenting/how-to-build-your-childs-self-esteem/>