

IMPROVING SELF ESTEEM

Self Esteem is the way we respect ourselves and feel about ourselves.

Self Esteem has two parts-a sense of personal capability and knowledge of self worth. High Self Esteem is self acceptance, self confidence, self respect, self love and inborn feel good about our self.

It is developed by all the experiences we have had with our parents, teachers, friends, relatives and other society members e.g. if a child gets appreciation and encouragement he/she will develop high self esteem. On the other hand a child who is criticized and ignored will tend to develop low self esteem. Self esteem affects our trust in others, our relationships, our work, nearly all aspect of our life. So let us understand how to have a high self esteem.

Tips to enhance self esteem

Accept yourself

- Self acceptance is the key to self esteem
- Accept yourself fully with all your strengths and weakness.
- Don't strive for perfection.
- Do not unduly worry about mistakes you might commit.
- If you make a mistake, try to improve it.
- Don't harm yourself, rather forgive yourself.
- Tell yourself "I made a mistake but that doesn't make me a bad person".
- Do not put unreasonable demands on yourself.

Have a positive attitude

- Do not criticize yourself.
- Believe in yourself.
- Do not compare yourself with others.
- Remind yourself of things that have gone well recently.
- Analyse your behaviour from time to time.
- Accept criticism in a positive way and be ready to change.

Be ready to change

- Take control, decide and act now rather than delaying everything.
- Be a lifelong learner and have an open, eager and willing approach to learn just like a beginner.
- To make change possible - plan your work and then work your plan.
- Set small goals every day and achieve them e.g. completing your home work daily, schedule time for fun and relaxation also.
- Encourage yourself by developing “I can do” attitude.

Take care of your relationships

- Healthy relationships are always helpful.
- Try to resolve conflicts immediately, whenever it occurs.
- We get strength from positive people around us. So get involved in a supportive net-work.
- You feel better about yourself after helping others and being co-operative.
- Give complements sincerely and receive complements wholeheartedly.

Last but not the least, if you feel down, count your blessings, lift yourself up internally and keep a smile on your face. Make others happy and in return you will get happiness automatically.