

# SELF-ESTEEM

## What is it?

Self-esteem is your overall subjective sense of personal worth or value. It can be defined as how much you appreciate and like yourself despite the circumstances. It can be defined by many factors including: self confidence, feeling of security, identity, sense of belonging, or the feeling of competence. Self-esteem is important because it impacts your decision-making process, relationships, emotional health, and your overall well-being.<sup>1</sup>



## What can affect it?<sup>1</sup>

Self-esteem can be affected by a number of factors, but here are some things that may have an impact:

- Age
- Disability
- Genetics
- Illness
- Physical Ability
- Socioeconomic status
- Thought patterns
- Racism and discrimination



## Raising Self-Esteem

If you feel you have problems with your own self-esteem, there are ways that you can improve it. Some steps you can take to improve your own self-esteem include becoming more aware of your negative thoughts, challenging negative thinking patterns, using positive self-talk, or even practicing self-compassion.<sup>1</sup> You can also talk family, friends, or a mental health professional if you feel that you need that.

