

Health and Mind Club

August Newsletter

**and so the
adventure
begins**





“What does my well-being talk?”
they asked with a helpful eye
Are you the person the society wants to see?
or are you the person who you want to be?
To convince myself, I chose the latter
but does it happen to be true?

Crawling away from these questions
I viewed myself through and faced my
reflections

none of them happens to be me
Wait, do I know what ‘me’ is?

To find the keys,
I scrutinized every phase of my existence
and I realized that....

I was born to be noble and confident
However, I never got to be those heavy adjectives
after all, I let those insignificant
comments build me.

But not anymore...
I will rise from the ashes, identical to a
phoenix

And jump the hurdles of pain, misery
and the false idea of perfection,
acquire strength,

And spread my once hidden wings;
the wings that show true nobility and real
confidence,

the wings that portray my definition of perfection.
Finally, the wings that display the real...me.

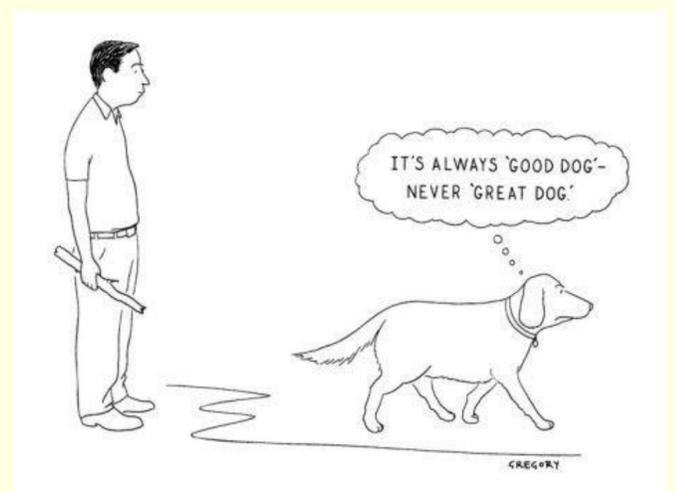


“Believe in yourself” that is the message we often come across everywhere. You probably have a good idea about what it means already, but let’s start from beginning anyways. Self esteem refers to a person’s overall sense of his or her value or worth. It can be considered as a sort of measure of how much a person “values, approves of, appreciate or likes themselves”

Self-esteem has become a household topic, where everyone talks about boosting it as if assuming that it'll solve everything. While it can't solve everything, there is a reason it is talked about so much. Various studies have confirmed that self-esteem has a direct relationship with our overall well-being. It provides us with belief in our abilities and the motivation to carry them out, ultimately helping us reach the fulfilment of our goals as we navigate life with a positive outlook.

For example, consider a high-achieving student who takes a difficult exam and earns a failing grade that day. She may chalk it up to factors like not studying hard enough, a particularly difficult set of questions, etc. But whatever it may be, it won't affect her entire view of how she sees herself and what she perceives her self worth to be. Versus, if she had low esteem she'd probably conclude that she must be not fit for anything and that she will probably fail all future tests too.

Having a healthy sense of self-esteem guides her toward accepting it as it, thinking critically about why she failed, and problem-solving instead of demotivating herself and giving up or falling into a spiral. I'd also like to add that self efficacy is not necessarily the same as self esteem.



Someone could be highly skilled and recognize it, and still think lowly of themselves, and vice versa. Everyone goes through rough times, but how we choose to deal with them is in our hands.

So where does it come from?

Parents, teachers, and others: The people in our lives can affect how we feel about ourselves. When they focus on what's good about us, we feel good about ourselves. When they are patient when we make mistakes, we learn to accept ourselves. When we have friends and get along, we feel liked.

The voice in your own head:

Things you say to yourself and about your-self play a big part in how you feel about yourself. Thinking, "I'm such a loser" or "I'll never make friends," hurts your self-esteem, even just as a joke. Sometimes jokes are just jokes, but be mindful of what you say and do.



Learning to do things: We feel good when we learn to read, add, draw, or build. Play a sport, play music, write an essay, ride a bike. Set the table, wash the car. Help a friend, walk the dog. Each thing you learn and do is a chance to feel good about yourself. Step back and look at what you can do. Let yourself feel happy with it.

Something else we need to realize is that while we are who we are, people can, and do change. Don't do it because someone else doesn't like who you are, do it because you want to be better than you were yesterday. There's no one deciding if we're "worthy" enough or not, except ourselves

That said, there are a few practical tips we can apply to try and improve our self-esteem

- 1) Spend time with people who treat you respectfully
- 2) Say nice thing to yourself frequently
- 3) Accept and appreciate the imperfect features of yourself
- 4) Set goals and try to achieve them
- 5) Focus on what goes well
- 6) Give and help others

Ultimately, self-esteem is only one of many things that go into making up who you are. Emotional constraint, humour, empathy, resilience, all go into creating the personality that exudes confidence.

Give yourself another chance and you can conquer the world.

“To love yourself right now, just as you are, is to give yourself heaven. Don’t wait until you die. If you wait, you die now. If you love, you live now.”

Alan Cohen

Credits

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Self Esteem: Bhavika Vankayala

So where does it come from?/

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