



---

---

---

---

---

---

---



---

---

---

---

---

---

---



---

---

---

---

---

---

---

## What we will cover <sup>o</sup>today



**AWARE**  
What is **self-esteem**?

**EXPLORE**  
What are some barriers to good **self-esteem**?

**ACT**  
Strategies to challenge what gets in the way,  
and to shape good **self-esteem**

---

---

---

---

---

---

---

## What Is Self-esteem?

**[self-esteem]:**  
"Confidence in one's own worth and abilities; self-respect."

---

---

---

---

---

---

---

**Self-esteem  
Is...**

Self-worth  
Self-love  
Self-respect  
Self-confidence



**Self-esteem  
Isn't...**

Having a "big ego"  
Being Conceited  
Thinking you are  
better than others

---

---

---

---

---

---

---



---

---

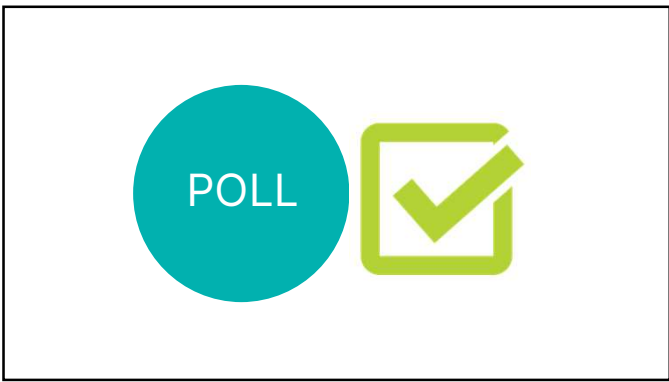
---

---

---

---

---



---

---

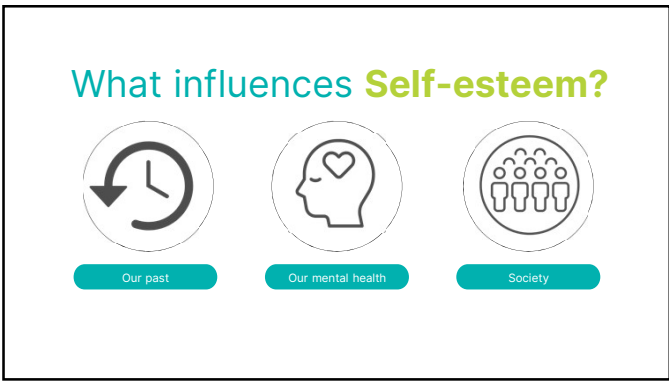
---

---

---

---

---



---

---

---

---

---

---

---

## What influences **Self-esteem**?



Friends/peers



Family



Social Media

---

---

---

---

---

---

---

---

### External validation

Compliments  
Recognition  
Approval from authority figures  
Promotions  
Awards  
Praise  
Popularity



### Internal validation

Affirmations  
Positive self-talk  
Our conscience  
Pride in what we do  
Our values and morals  
Our philosophy  
Our coping skills




---

---

---

---

---

---

---

---

## Accepting **External Validation**



"Thank you."

"I appreciate your saying that."

"It means a lot to me."

---

---

---

---

---

---

---

---

### Choose wisely



Choose friends who build you up.  
Choose role models who build you up.  
Choose to communicate your needs.  
Choose to move on.

---

---

---

---

---

---

---

### What if I can't just move on from a person?

We may have people in our lives that we can't avoid, even if they are not helpful or supportive.

### Remember what you control.

You can't control the behaviour of others, you can only control you.

---

---

---

---


---

---


---

### Become the change


It begins with you!




Make a choice




Model behaviour




Engage & Discuss



Advocate



Support others



Promote positivity

---

---

---

---

---

---

---

## Self-esteem does not come from external validation

True self-esteem comes from within.

---

---

---

---

---

---

---

## It's not about them...

Self-esteem is not based in  
comparing ourselves to others  
and what they think.  
When we do that, oftentimes  
we feel we don't measure up.




---

---

---

---

---

---

---

## It's about you...

You are a unique individual.  
Nobody is exactly like you.  
You are your own best measuring stick.




---

---

---


---

---

---

---

## Developing Internal Validation



Thoughts & perceptions

---

Internal dialogue

---

Confidence

---

---

---


---

---


---

---


## Challenge Perceptions




What/who is influencing your thoughts?



Is the messaging building you up, or tearing you down?



Are your perceptions accurate? Are your expectations realistic?



Is there another way to think about this?

---

---

---

---

---

---

---

## Challenge life scripts

---

Life scripts are the stories we make up that tell us how we **SHOULD** do things. They aren't necessary true.

---

---

---

---

---

---

---

## Write your own story

Instead of trying to follow a script that doesn't work for you,  
Try writing **YOUR OWN**.

---

---

---

---

---

---

---

## Challenge Negative Thinking



### Filtering

Magnifying the negative,  
minimizing the positive.



### "Shoulds"

Rigidity, dictating, judgmental.



### Personalization

"It's about me"

---

---

---

---

---

---

---

## Before

I look at a lot of media that  
glamorizes only one body type, &  
**excludes/judges** my body type.

I try to **live up to expectations** based  
on what others have accomplished.  
I feel like I'm not 'good enough'.

## After

I'm going to give my attention to media  
that is more **inclusive & positive**,  
supporting all body types.

I'm going to **manage my expectations**  
to meet my needs and abilities,  
knowing it is okay to have limitations.

---

---

---

---

---

---

---



## Challenge Self talk



Is my internal dialogue  
Positive or negative?



Reword.  
Eliminate "should".  
Try "and" instead of "but"



What would you say to  
a friend/loved one?



Use positive affirmations.

---

---

---

---

---

---

---

## Before

I didn't do well on the assignment.  
I **should** have studied more.

My outfit for the party was nice,  
**but** it wasn't as expensive as  
everyone else's.

## After

I didn't do well on the assignment.  
I **could** have studied more.

My outfit for the party was nice,  
**and** it wasn't as expensive as  
everyone else's.

---

---

---

---

---

---

---

# T

Is it True?

# H

Is it  
Helpful?

# I

Is it  
Inspiring?

# N

Is it  
Necessary?

# K

Is it  
Kind?

---

---

---

---

---

---

---

### Affirmations:

I am a fighter

KNOW YOUR WORTH

I am good

YOU CAN DO IT!

EVERY STEP COUNTS

I am beautiful

KEEP GOING

You Are Enough

---

---

---

---

---

---

---

Self Care

Physical

Emotional

Spiritual

Professional

Personal

Social

---

---

---

---

---

---

---

### Steps to Self-esteem

What are some changes you can make?

Consider your:  
Thoughts  
Behaviour  
Habits  
Attitude  
Language  
Feelings

?

?

?

?

?

---

---

---

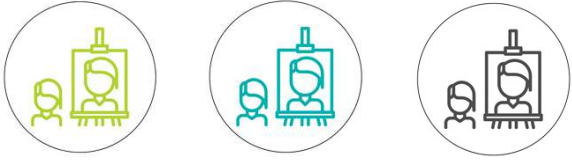
---

---

---

---

"Our life is a work of art. We must seek always to be its artist."  
— Kent Nerburn



---

---

---

---

---

---

---



**1 844 437 3247**  
(HERE247)  
Call anytime to access  
Addictions, Mental Health  
& Crisis Services  
Waterloo-Wellington

---

---

---

---

---

---

---



---

---

---

---


---

---

---

# Thank you!

If you have more questions, my email is [aheeley@cmhaww.ca](mailto:aheeley@cmhaww.ca) or visit us at [www.cmhaww.ca](http://www.cmhaww.ca) for more webinars



---

---

---


---

---

---

---

All content included in these slides is the property of CMHA Waterloo Wellington.  
Do not copy or distribute without permission.  
Slides are not intended as a standalone resource, but a compliment to CMHA Trainer led education sessions.  
Contact [education@cmhaww.ca](mailto:education@cmhaww.ca) with questions or concerns.



**Canadian Mental Health Association**  
Waterloo Wellington

**Association canadienne pour la santé mentale**  
Waterloo Wellington

---

---

---

---

---

---

---