

The Value Of Self Esteem

Good self-esteem is very important. It helps you feel proud of yourself and what you can do. It makes you confident and gives you the courage to try new things and to believe in yourself. When you respect yourself, kids and adults will usually respect you too.

Self-esteem is a term which means to be valued or important. Such as you were told by your friend, that your mother is a great person. Your friend therefore holds your mom in high esteem. Self-esteem is not bragging about how great you are or how perfect. It's quietly knowing that you're worth a lot, worthy of being loved and accepted.

One benefit to having good self-esteem is that it helps you make better choices about your mind and body. If you think you are important, you'll be less likely to follow the crowd if they're doing something dumb or dangerous. Good self esteem means you value your safety, feelings, and health. You'll protect yourself from bad decisions. You'll have the courage to say no.

Self esteem is not something we are born with, it is something developed. When we have achievements like a good grade or having a good sense of humor, or being a good friend - those things to be proud of. Coaches, teammates and classmates can also help each other by noticing each other's qualities, encourage each other to keep trying, etc.

Some kids have good self-esteem but then something happens to change that. For example:

- If a kid moves and doesn't make friends right away at the new school, he or she might start to feel bad.
- Kids whose parents divorce also may find that this can affect self-esteem. They may feel unlovable or to blame for the divorce.
- A kid who feels too fat or too thin may start thinking that means he or she isn't good enough.
- A kid who's dealing with an illness, such as cancer, diabetes, or asthma, might feel different and less confident than before.

If your self-esteem needs a little boost - that's normal. It's alright to have ups and downs in your feelings, but having low self-esteem is not alright. If you think you have low self-esteem, try talking to an



adult you trust. They may be able to help you with some good ideas for building your self-esteem.

Here are also a few suggestions:

- Give yourself at least three compliments every day. Be specific about something good about yourself. When you hear negative comments in your head - tell yourself to stop.
- Make a list of the stuff you're good at. Then add a few things you would like to be good at. Make a plan to work on those skills or talents.
- Accept and love the things you cannot change about yourself, they are a part of you.
- Remember that your body is yours and remind yourself of things about your body that are cool.

By concentrating on the good things you do and your great qualities, you learn to love and accept yourself. Those are the main parts of self-esteem! Realizing you're valuable and important helps you make your life much better.