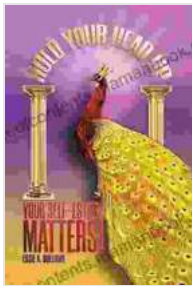


# Hold Your Head Up: Why Your Self-Esteem Matters

## What is Self-Esteem?

Self-esteem is the opinion you have of yourself and how you value yourself. It's a complex construct that is influenced by a variety of factors, including our experiences, thoughts, and beliefs. Self-esteem can be positive or negative, and it can fluctuate over time.



## Hold Your Head Up Your Self-Esteem Matters!

by Essie A. Sullivan

★★★★★ 5 out of 5

Language : English  
File size : 165 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 8 pages  
Screen Reader : Supported



Positive self-esteem is characterized by feelings of confidence, self-worth, and self-acceptance. People with positive self-esteem believe that they are capable and worthy of love and respect. They are also more likely to take risks, pursue their goals, and stand up for themselves.

Negative self-esteem, on the other hand, is characterized by feelings of inadequacy, self-doubt, and self-criticism. People with negative self-esteem often believe that they are not good enough and that they are not deserving

of love or respect. They may also be more likely to avoid challenges, give up easily, and withdraw from social situations.

## **Why Self-Esteem Matters**

Self-esteem is important because it can impact our mental health, relationships, and overall well-being. People with positive self-esteem are more likely to:

- Be happy and optimistic
- Have strong relationships
- Be successful in school and work
- Have good physical health
- Cope with stress and adversity

People with negative self-esteem are more likely to:

- Be depressed and anxious
- Have relationship problems
- Do poorly in school and work
- Have poor physical health
- Engage in self-destructive behaviors

## **How to Improve Your Self-Esteem**

There are many things you can do to improve your self-esteem. Here are a few tips:

- **Set realistic goals.** When you set unrealistic goals, you are setting yourself up for failure. This can damage your self-esteem. Instead, set realistic goals that you can achieve with some effort.
- **Be kind to yourself.** It's important to be kind to yourself, both in your thoughts and actions. Avoid negative self-talk. Instead, focus on your positive qualities and accomplishments.
- **Spend time with positive people.** The people you spend time with can have a big impact on your self-esteem. Surround yourself with positive people who support and encourage you.
- **Seek professional help.** If you are struggling with low self-esteem, don't be afraid to seek professional help. A therapist can help you understand the roots of your low self-esteem and develop strategies for improving it.

Self-esteem is an important part of our mental health and well-being. If you are struggling with low self-esteem, there are many things you can do to improve it. Remember, you are not alone. There are people who care about you and want to help you. With effort and support, you can learn to hold your head up and believe in yourself.



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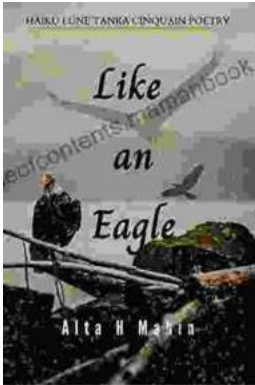
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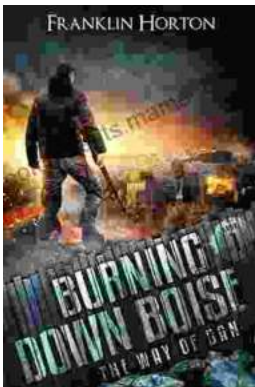
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