

Support Guide

Self Esteem



Self Esteem

Self Esteem is how an individual evaluates their own worth. It reflects the thoughts and beliefs individuals think and feel about themselves.

Feelings can dominate the way people think and impact on how we see ourselves. Most people with high self-esteem think they are doing good and doing enough, they give themselves credit for achieving things and reaching their targets. On the other hand, people with low self-esteem can think negatively and harshly of themselves, thinking that they are not worthy and not loved. Low self-esteem can often be a result of undesirable previous experiences e.g. being judged before, being criticized or even bullied.

How low self-esteem affects emotions

Our thoughts impact directly on our feelings, if we are having happy and positive thoughts we will often experience happy and positive emotions. If you are having negative thoughts, convincing yourself that you are worthless, or not good enough, that can be translated into negative and harsh feelings and emotions. Negative emotions can include feeling depressed, anxious, angry, hurt, ashamed, frustrated, and may include feelings of guilt.

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What can you do

Acknowledge your strong points, you can write a list of all the things that you know you are good at, and all the things people think you are good at, also write the positive thoughts you get from that. Mark all the positive outcomes, keep records when you find yourself doing or saying something positive along the day. Then you can see all the things that make you happy and try to do more of them.

Suggestions for improving self-esteem

Change is not always easy. It means stepping into the unknown and taking a risk. Inevitably this means that some initiatives will work well while others will not work out as hoped. You can help yourself by being realistic in your choices and seeing each success as a step in the right direction. Remember that even small changes add up.

✓ Try to do things for pleasure or for fun

- Think about ways in which you can enjoy yourself. Put effort into making life pleasurable and satisfying.
- Try learning something new, maybe something you have always wanted to try, even something you never thought you could do.
- Make time to volunteer for something that you feel passionately about, and that connects you with the local or wider community.

✓ Look after yourself physically

- Try to eat a healthy balanced diet and think about the sort of food you eat.
- Try to get the amount of sleep you need, and establish a routine that works for you.
- Exercise can help you feel more confident and to connect with your body. Try to pay attention to how you stand and walk.





✓ **Use rewards, but avoid punishments**

- Reward yourself in different ways. How about giving yourself one day off from work a week? Can you buy yourself a little treat? Or do something you particularly enjoy but don't often get round to.
- Listen to your internal dialogue. Can you try to be kinder and more compassionate to yourself?

✓ **Cultivate good relationships - with yourself and others**

Can you bear to be ordinary? Are you continually expecting more of yourself than you do of others? If you accept the troubles, mistakes and variability of other people, how about being happy with 'good enough' in relation to yourself?

Take care not to push other people away through being negative about yourself. Join in with others.

Be proactive in making and maintaining contact with other

✓ **Take responsibility**

It is no good waiting for others or circumstances to leave you feeling better about yourself. Accept responsibility for your own actions- you cannot make other people change, but you can make the changes yourself.

Speak to someone at **the BUE Student Hub Counselling Service** where advisors can help you with the techniques above.

You can pass by our offices at the BUE Library Lower Floor.

Not on campus and want more information? You can contact us anytime via our email address **thestudenthub@bue.edu.eg**

The student Hub is a safe, friendly and free space for you. We are here to help you. We are listening.