Self Esteem

Self-esteem is your overall opinion of yourself — how you view yourself with all of your strengths, abilities, flaws, weaknesses and limits. When you have healthy self-esteem, you feel good about yourself and see yourself as deserving others' respect. When you have low self-esteem, on the other hand, you put little value on your opinions and ideas, and you constantly worry that you aren't "good enough."

Self esteem can impact your success in college, as well as in life, so here are some tips to gaining healthy self-esteem:

- Be aware of your thoughts!
  - Did you know that our thoughts impact our emotions, which in turn impact how we perceive ourselves and our situations?
  - Try to practice “training” your thoughts. Consciously choose to say positive things to yourself such as “This may be hard, but I can do it,” or “I can achieve great things, look I am already here in college.”
  - STOP! When you notice a negative thought…CHANGE IT and CHANGE how you feel about yourself! This will ultimately allow you to think successfully, feel successful and BE successful!

- Take time to recognize the accomplishments you have made, NO MATTER HOW SMALL they may be.

- Create a daily accomplishment journal. Write the things you accomplished today…even if it is just making it out of bed in the morning and getting to class. The more accomplishments you recognize the more they will increase.

- Exercise your body! Helping your internal system work properly increases your brain function. Exercise actually releases “endorphins” which are natural chemicals in your body that make you think and feel good!

- Write down a description of yourself the way your closest friend would describe you. Include all the qualities they see in you and remind yourself of them when you start to doubt yourself. We all are unique in the ways that make us special!

- Learn something new! Learning something new happens often in college. Recognize the growth you are making and be excited about the choices you are making!