

A National Connection for Self-Advocates

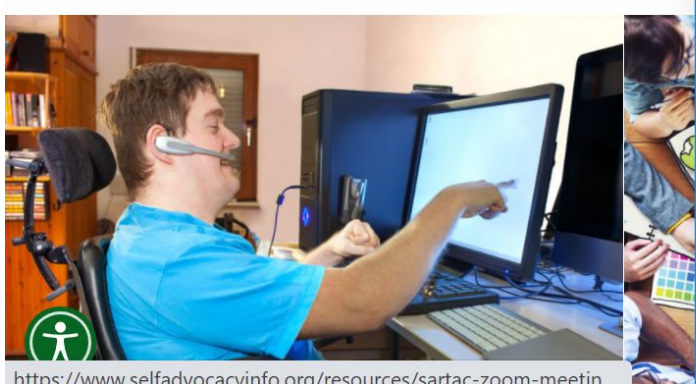


<https://selfadvocacyinfo.org/>



Self Advocacy Resource and
Technical Assistance Center

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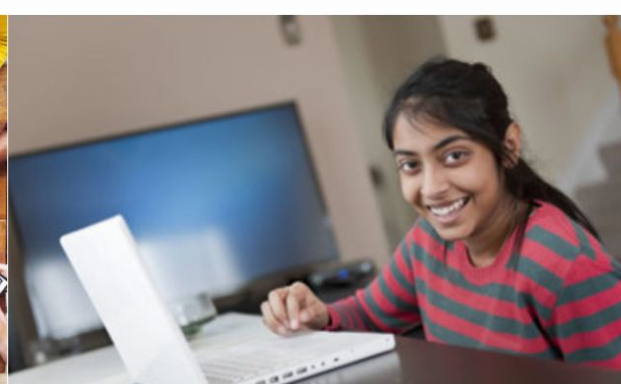


<https://www.selfadvocacyinfo.org/resources/sartac-zoom-meetin...>

Current Issues
Resources

Organization
Resources

SARTAC Zoom
Meetings



Two Clicks - #1 Click on Resources then #2 Click on SARTAC Zoom Meetings

Green Mountain Self-Advocates and SARTAC www.selfadvocacyinfo.org

What is Self Esteem

Self-esteem is how much you value yourself and how good you feel about who you are. It's what you think about your own abilities, qualities, and how you see yourself. When you have high self-esteem, you feel good about yourself, are confident, and believe you can do things well. But if you have low self-esteem, you might feel bad about yourself and think you're not good enough.



What is Self Esteem?

Self-esteem affects how we think, feel, and act. It helps us feel confident, stay motivated, and handle challenges better. Having strong self-esteem is really important for feeling good mentally and emotionally

Building strong self-esteem involves creating an environment of support, encouragement, and respect.



- 1. Tell the Critic in Your Head to Stop:**
When you hear that little voice inside your head saying mean things about you, tell it to stop. You don't have to listen to it.
- 2. Take a Two-Minute Break to Appreciate Yourself:**
Spend just two minutes thinking about the things you like about yourself. It's a quick way to feel good.
- 3. Write Down Three Things You Like About Yourself Every Night:**
Before bed, write down three things you like about yourself. This will help you feel positive and confident.



4. Don't Worry About Being Perfect:

No one is perfect, and that's okay. Focus on doing your best instead of trying to be perfect.

5. Learn from Mistakes in a Positive Way:

When you make a mistake, think about what you can learn from it. Mistakes are a chance to grow, not something to be upset about.

6. Be Kind to Others:

Being kind to others makes you feel good about yourself too. It's a simple way to boost your self-esteem.



7. Try New Things:

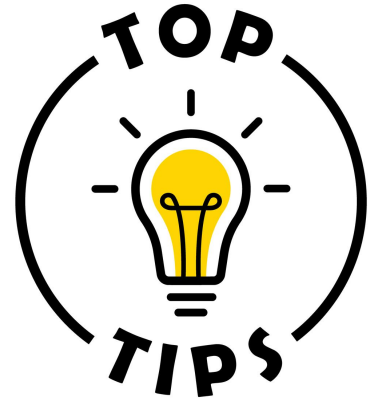
Don't be afraid to try new things. Every time you do, you learn more about yourself and what you can do.

8. Avoid Comparing Yourself to Others:

Comparing yourself to others can make you feel bad. Remember, everyone is different, and that's what makes us special.

9. Spend Time with People Who Support You:

Stick around people who make you feel good about yourself, and stay away from those who bring you down.



Ways Your Self-Advocacy Group Can Build Strong Self Esteem

Encourage Independence:

Help your friends make their own choices and take charge of their lives. This helps them feel more confident.

Celebrate What They're Good At:

Focus on what your friends do well. Celebrate their achievements, even the small ones.

Give Chances to Succeed:

Offer them chances to do things they can succeed in. Even small successes can make them feel better about themselves.

Teach Them to Speak Up:

Help your friends learn to speak up for themselves. This helps them feel in control and important.



Ways Your Self-Advocacy Group Can Build Strong Self Esteem

Make Sure Everyone Feels Included:

Create a space where everyone feels welcome and valued. This makes people feel respected.

Give Positive Feedback:

Often tell your friends what they're doing well. Point out their progress and hard work.

Build Friendships:

Encourage your friends to join in social activities and make new friends. Good relationships help people feel like they belong.



Ways Your Self-Advocacy Group Can Build Strong Self Esteem

Set Realistic Goals:

Help your friends set goals they can actually achieve. Reaching these goals will make them feel proud.

Teach How to Handle Challenges:

Show your friends ways to deal with problems and tough times. Knowing how to manage difficulties makes them stronger.

Find Role Models:

Connect your friends with mentors or role models, especially those who have gone through similar experiences. Seeing others succeed can be really inspiring.





**In small groups
talk about
what did you
hear that you
want to try in
your
self-advocacy
groups?**