

MSU - Dawg Tracks

March, 2017



MISSISSIPPI STATE UNIVERSITY™
EXTENSION

*Safety Tips:
Improving Self-Esteem
Part # 1*

Self-esteem is how you feel about yourself which includes your confidence level and how you feel about your accomplishments. It also reflects whether a person loves, accepts, and believes in who they are. For some folks, their self-esteem can go up or down. One day you may feel that you are on top of the world, you can do anything, really feeling good about yourself. The very next day you may work yourself into a “pity party,” feeling down and out, no self-confidence and just totally without any sense of self-esteem.

Building self-esteem is a process, not something you can develop overnight. Every single individual has the capacity of high self-esteem. The question is, are you ready to make a commitment to increase your self-esteem.

Following are some tips that will help you increase your self-esteem:

Stop comparing yourself to other people – You can always find folks that have more esteem than you and also some who don’t. If you keep comparing yourself to others you won’t win. All people have different levels of self-esteem. So, stop comparing yourself with anyone!

Stop the critic inside of you – Learn to cease putting yourself down. When you feel a “pity party” coming down, silence your inner self and work on the positive!

Forgive and forget – Do not waste your time and energy dwelling on the past; spend your time thinking positive thoughts. You will make some mistakes. If so, apologize to yourself and move on in a positive way.

Associate with positive, supportive people – The real “you” is a magnificent person, full of life, so maintain this attitude by associating with folks who are positive and have the same high ideals that you possess.

Get involved in work and activities that you love – It’s hard to feel good about yourself if you are doing work that you don’t like. Self-esteem shines when you are doing work that you enjoy and that makes you feel valuable.

Be true to yourself – Live your own life, not one that someone else decided is good for you. You will never have any self-respect if you’re doing work that you really don’t like or living a life that someone else designed for you. Design your own life style and raise your level of self-esteem.

Talk affirmatively to others and yourself – Words can carry enough power that can either hurt yourself or someone else. Also, words can generate enough power to give warmth and comfort. Be conscious of your choice of words and use positive words when speaking with someone.

Quit blaming yourself for mistakes in the past – Many things in our lives are only minimally in our control, but those of us who develop low self-esteem take the full blame for the resulting negative outcomes. Instead, learn to honor your efforts and give yourself credit for the things that you have done well. Follow a practical approach for managing your self-esteem which will prevent it from becoming a problem and will keep you off that emotional rollercoaster.

Make a long list of your personal breakthroughs – Think of some things that you have done that you never thought you could ever do but managed to pull off successfully. Those accomplishments can generate a never-ending source of pride for you – read them often! Close your eyes and remember the feeling of satisfaction and joy you experienced from these successes.

Make a list of your personal qualities – Not everyone has your unique abilities and talents. Are you honest? Unselfish? Helpful? Creative? Be yourself and make a list of all your positive qualities. Most folks dwell on the negative or their inadequacies. Shape up - start dwelling on your positive traits and you’ll begin to have a better chance of achieving your goals.

Figure out the hidden strengths in your so-called weaknesses – You can’t develop high self-esteem if you constantly repeat negative comments about your skills and abilities. Remember that there is always a positive in every negative. Example: You may think of yourself as stubborn (a negative); so turn it around to being persistent and dependable (the reality is a positive).

***NEVER THINK: WORKING
SAFE IS VAIN***

***JUST THINK: IT COULD
SAVE YOU A LIFE OF PAIN!***

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***SAFE ACTIONS
BRING LASTING SATISFACTION***

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(Excerpts: <http://ririanproject.com/2007/02/01/wake-up-feeling-great-with-these-22-tips-for-high-self-esteem/>)

10/14/2016