

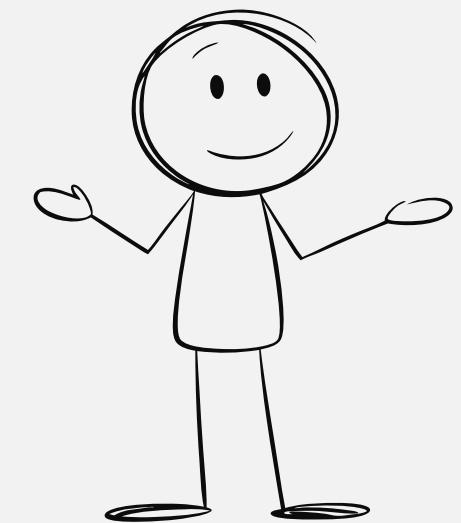
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Derbyshire All Age Carers Support Service

Self-Esteem Session



What is Self-Esteem?



Self-esteem is knowing how important and talented you are as a person.

It gives you the courage to try new things and make good choices.

Having low self-esteem can have a massive impact.

Positive self-esteem is about valuing yourself and seeing yourself as being “good enough”.

You will feel confident, comfortable asking for help and create positive relationships.

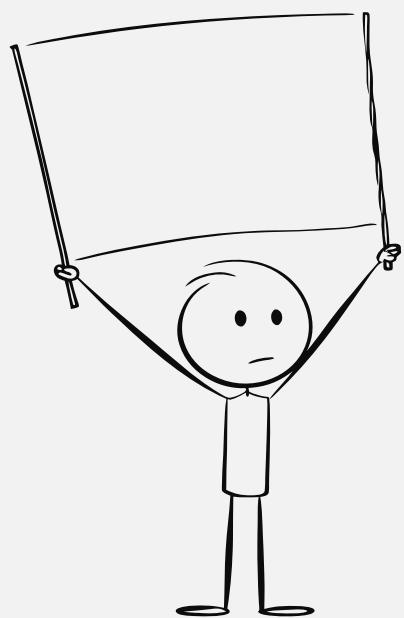
This session should help you to recognise your talents and how to maintain healthy self-esteem.



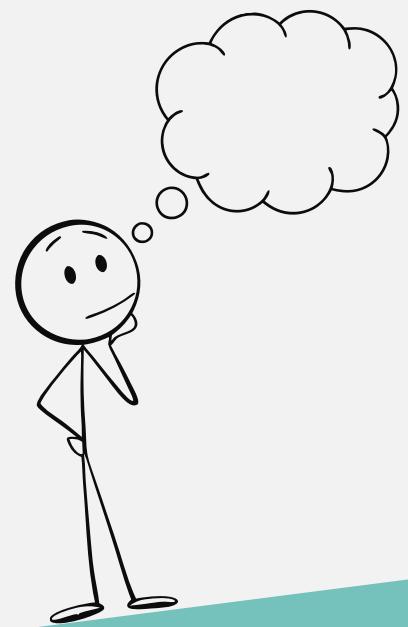
Question Time...



- What kinds of things do you do that make you feel good?
- How do you feel when people say something nice about you? What kinds of things do they say?



Think Time...



I want you to have a look at the sentence starters and have a think at what you could put at the end of them.

I like myself because...

My favourite place is...

I feel good about...

People say I'm good at...

My friends would tell you I have a great...

I am loved by...

I feel good
I am good at...

Feeling Different



- We are all unique in our own way, and we are all good at different things, but sometimes we can feel different from others
- Sometimes our self-esteem can be affected by those around us such as being a Young Carer for a parent, sibling or family member and it can be hard to find time for yourself and know that you have a different life at home to your friends
- Self-esteem can also be affected by being made to feel different and this might be because part of your identity is that you have additional needs or a neurodiverse condition such as autism, ADHD or dyslexia
- Or being made to feel bad about your cultural identity or not liking the way you look or for LGBTQIA+ children and young people

What is good Self-Esteem?

Having good self-esteem is not about being happy all the time, or about always feeling confident

We all have bad days and negative thoughts and feeling sometimes.

Having good self-esteem helps us move on from those negative feelings as you are will be more able to be kind to yourself or ask for support when it is needed.

Good self-esteem means that you like yourself, you feel proud of yourself and confident about the things you are good at. You feel able to try new things and give something a go and are kind to yourself if things do not go so well.

What is Negative Self-Esteem

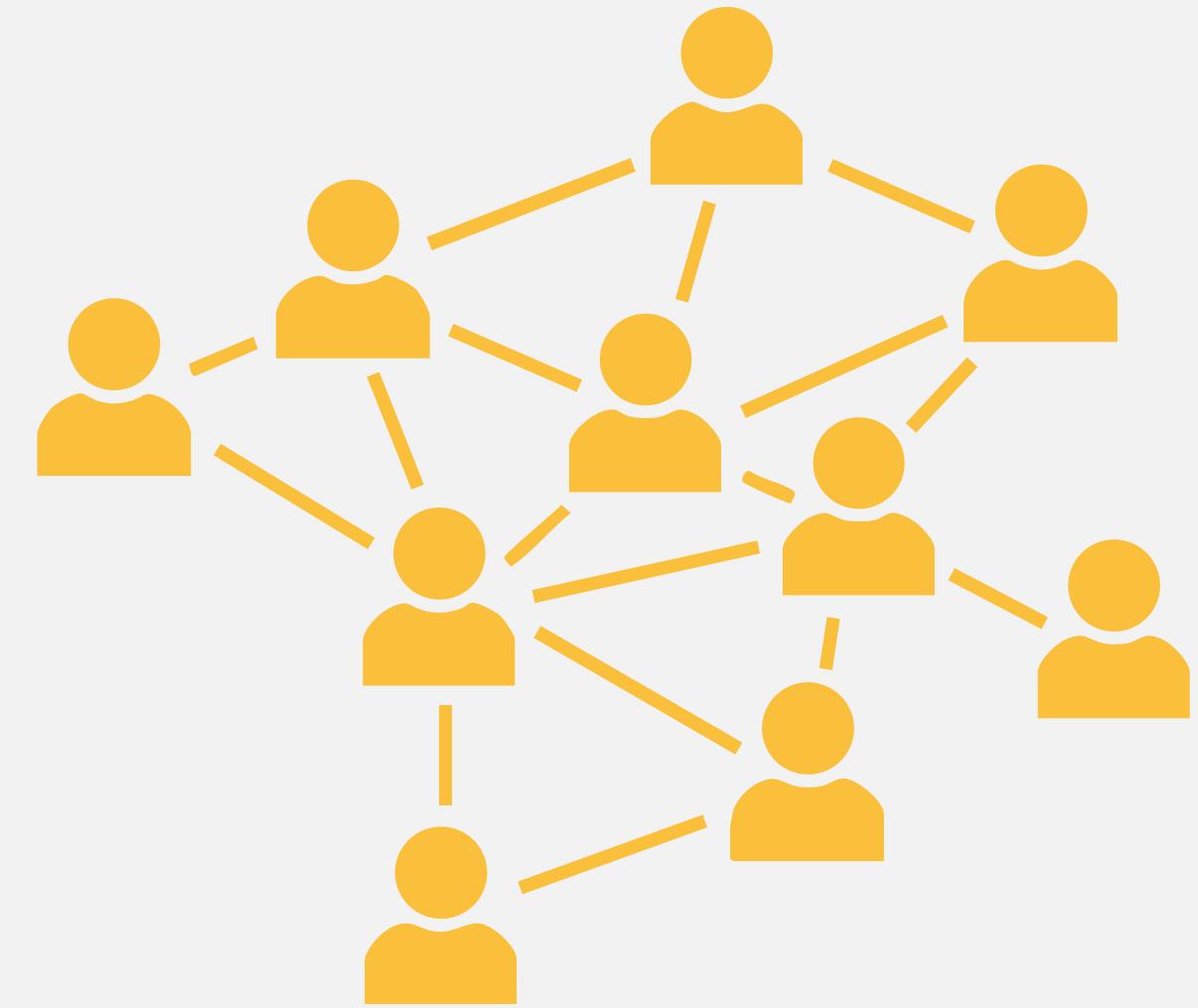


- The way we feel about ourselves will naturally go up and down at different points or there will be days when things don't go as well for you
- You might feel you are not as good as others, or you do not notice the good things about yourself
- You might think more about things you can't do rather than things you can do
- You might feel unsure or afraid to try and might give up too easily
- You might feel bad about yourself if others are unkind to you or if you feel different to your other people or friends

The Building Blocks of Self-Esteem

Let's think about what we need to grow self-esteem...

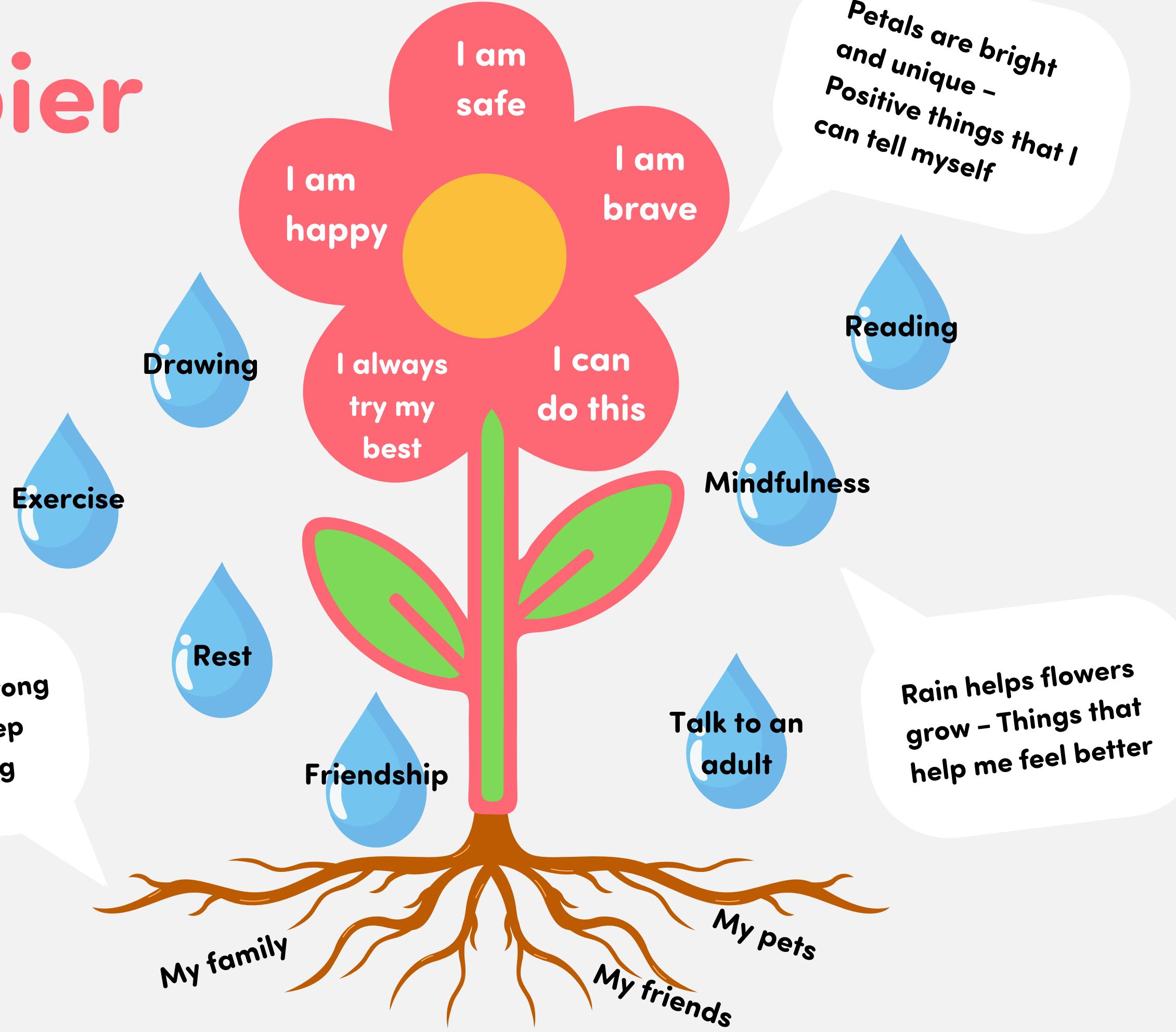
- Self-esteem and self-confidence take time to grow and to be strong
- This might be thinking of the people or things around us who help us have good self-esteem or the things that we enjoy doing
- You might want to think of it like building a strong wall in a computer game and think about what you need at the bottom – the foundations – and what helps the wall to build and what keeps the wall strong
- Or think of it like a flower with roots, leaves and petals and think what a flower needs to have good strong roots and to grow and bloom



My Feel Happier Flower

Think of what a flower needs to have good, strong roots and to grow and bloom.

Roots keep us strong
- People who keep me feeling strong



Final Thoughts...

You are a STAR

- Self- esteem and self-confidence take time to grow and be strong
- Everyone is worthy of being loved and liked and everyone deserves to be treated with kindness, fairness, dignity and respect
- Everyone can do good things and acts of kindness, even if they seem like small things
- Everyone is unique in their own way and is ok to be different
- We have all own star qualities and even when we sometimes we don't feel it, remember that a star shines brightest when it is darkest



So go on and shine... You are you, and it's good to be you