



Boosting Self-Esteem

Feeling good about yourself is an important part of VITALITY. Self-esteem is based on how you see your abilities and your worth as a person. People with low self-esteem are often shy, anxious, and depressed. They are negative about themselves and their abilities. Because they don't feel worthwhile, they are more likely to do things that are not good for their health, such as going on starvation diets and smoking. People with high self-esteem tend to be secure and confident. They see themselves and their abilities positively. Because they know it is important to take care of themselves, they are more likely to eat well and to stay active.

Comparing yourself to the perfect men and women you see on television and in magazines and movies is hard on your self-esteem. We all know these images. Ideal women handle their jobs, homes, and kids with ease, and continue to be thin, well-dressed and beautiful. Ideal men are big, strong and successful in life. When we compare ourselves to these "perfect" people, we forget how little appearance really matters in life. We may also believe that to be perfect we have to suffer, to go without enough food or rest or exercise. Then, when we do not develop the perfect body, we think we have failed and our self-esteem becomes even lower.



Self-esteem boosters

How can you avoid the “ideal image trap” and boost your own self-esteem, as well as the self-esteem of those you care about? Here are some suggestions.

Check the ideas that could work for you.

- Be positive about yourself and accept compliments that point out your strengths and abilities.
- Be realistic about what you can do. Trying to be perfect and comparing yourself with other people can damage your self-esteem.
- Recognize that everyone makes mistakes. When you make a mistake, do not put yourself down. You can learn from your mistakes.
- Listen carefully to others, without judging.
- Respect people's differences. Recognize their strengths and accomplishments. Acknowledge the things others do that help your family, your workplace and your community.
- Support and encourage other people's efforts to learn new things.
- Give people in your family unconditional love. For example, when a child does something wrong, make it clear that you dislike the behaviour, but you still love the child.
- Spend time with people who make you feel good. Do things that make you feel worthwhile.

Enjoy eating well, being active and feeling good about yourself. That's



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