

December  
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# All Being Well



As our students attempt to navigate their way out of the pandemic, and things start returning to normal, it's possible that certain individuals will be asking the following questions: "what were my hobbies before the pandemic?", "who am I now?", "which friends are still there for me?", "what am I good at?", and "what are my values?".

It's important that we support our young people in a way which enables them to find the answers to these complicated questions. Ensuring that our students have good levels of self-esteem may be where our support begins...



## What even is self-esteem?

The term self-esteem is used to describe a person's sense of personal worth or value. It may also be defined as how much you appreciate and like yourself regardless of the circumstances. Your self-esteem is defined by many factors including:

- ~ Self-confidence
- ~ Feeling of security
- ~ Identity
- ~ Sense of belonging
- ~ Feeling of competence

## Other words for 'Self-esteem'

self-respect self-regard · pride in oneself/one's abilities · faith in oneself · dignity · morale · self-confidence · self-assurance

## Why is having good self-esteem so important?

Self-esteem impacts your decision-making process, your relationships, your emotional health, and your overall well-being. It also influences motivation, as people with a healthy, positive view of themselves understand their potential and may feel inspired to take on new challenges.



# What can you do to boost your child's self-esteem?



## Knowing Your Child's Strengths

It is understood that those who know their strengths and use them frequently, intentionally, and with *Purpose* tend to have better self-esteem.

Below is a list of possible strengths which you may feel your child possesses but rarely uses. Alternatively, your child may possess strengths which are yet to be discovered or acknowledged.

- Creativity
- Curiosity
- Love of Learning
- Bravery
- Honesty
- Love
- Kindness
- Forgiveness
- Self-control
- Optimism
- Humour
- Spirituality
- Persistence
- Gratitude
- Enthusiasm
- Teamwork
- Problem solving

Try and pick out at least three strengths which could be ascribed to your child. You can use these as affirmations if ever your child tells you they're 'worthless', 'useless', or 'good-for-nothing'.

## Evidencing Your Child's Strengths

It's one thing highlighting your child's strengths to them, but getting them to believe you can be a whole new ball game.

Below are some examples of ways you could evidence your child's strengths.

**Creativity** – show them your favourite drawing of theirs, or have them create something new.

**Curiosity** – remind them of a time they asked a 'big question', such as 'why is the sky blue?'

**Kindness** – remind them of a time they did something nice for somebody else, or encourage them to carry out an act of kindness.

**Gratitude** – Encourage your child to share with you three things they are grateful for that day.

**Bravery** – Encourage your child to speak out about their problems, remind them that this takes courage, and praise their bravery.

**Enthusiasm** – Remind them that their commitment to playing their favourite video game shows enthusiasm, and this same enthusiasm can be directed towards more meaningful and productive endeavours, such as schoolwork or extra-curricular activities.

**Spirituality** – engage them in discussions surrounding spirituality and the beauty of attending a faith school where strong values are promoted every day.

## Quotes

**Self-confidence:** "Confidence is a habit that can be developed by acting as if you already had the confidence you desire to have."

"Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy."

**Identity:** "Be yourself, you're already fully equipped to succeed at that."

**Competence:** "You've been criticising yourself for years and it hasn't worked. Try approving of yourself and see what happens."

**Belonging:** "The greatest thing in the world is to know how to belong to oneself."

## Online Self-Esteem Test

Below is a link to an online self-esteem test which may help shed some light on your child's current state of mind.

The test can be found here:

[Rosenberg Self Esteem Scale \(openpsychometrics.org\)](https://openpsychometrics.org) –

Please note: this is NOT a diagnostic aid for any mental health issues. If you are worried that your child's self-esteem may reflect poor mental health please consult your doctor.