

## Member's Quarterly

## Fall 2024 Edition

### Feature

# Building Self-Esteem and Confidence

We can always use a boost in our confidence and self-esteem. Ways to become more confident and think more positively include taking courses, practicing and speaking to others with whom you feel comfortable. Confidence comes from well-being, accepting your self-esteem and belief in your ability, skills and experience.

So how do you do that? Here are some tips for building self-esteem that can help:

- Become aware of your thoughts and beliefs. Once you have learned which situations affect your self-esteem, notice how you think about them.
- Challenge any negative thinking and pay attention to the troubling conditions.
- Adjust your thoughts and beliefs.
- Reflect and close down that monkey chatter.
- Accept your thoughts.
- Take steps to feel better about yourself.

As you build your self-confidence, look at what you have already achieved. Thinking that you have not attained anything may cause you to lose confidence. Everyone has strengths and capabilities; which ones are yours? Think about these and set some goals to focus on the positive, doing things you enjoy and trying something new and different, like asserting yourself or spending time supporting people.

We talk about self-esteem. What is it? Self-esteem is the opinion you have about yourself and your abilities. Factors like confidence, identity and sense of belonging can influence it. Self-esteem can be high, low or somewhere in between.

When you have low self-esteem, you are not confident in your abilities, personality or the value you bring to others. Low self-esteem might be caused by not feeling a sense of security, doubts about your gender, sexuality or body, and feeling like you do not belong with your family, friends or colleagues.

On the contrary, having good self-esteem means having positive beliefs about your abilities and your place in the world. It can be caused by confidence in your ability to create change and withstand challenges, confidence and pride in your identity and a feeling like you belong in your family, work or group of friends.

Your self-esteem comprises four attitudes about yourself: your confidence, sense of identity, sense of belonging and being self-assured in your abilities.

Self-confidence is all about your sense of security in yourself and your life. You can only branch out and grow if you feel secure that your needs are being met. Having your needs met means you have things like a place to live, physical health and stable finances.

Your sense of identity is essential to your self-esteem because it is your knowledge about yourself. This can include your confidence in your body, your gender, your sexuality, your job, your beliefs, your culture or anything else about yourself. It's helpful to be confident in these things because they can help you understand what you need and what you want in life.

Belonging is all about feeling welcome and an active part of where we are in life, whether in your school, workplace, family or other groups you are a part of. Sometimes, if you do not feel like belonging in one group, like your workplace, you can find your sense of belonging in another, like your family or friends.



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Feeling confident in your ability to control what happens to you is essential. If you're confident in what you can do, you can handle significant challenges and make the changes you need to respond to them. However, being confident in your abilities is about more than just succeeding. It's about learning from your mistakes and being resilient in the face of failure.

Self-esteem is important because it supports everything you do, from everyday chores and activities to long-term goals. While everyone occasionally doubts themselves, low self-esteem can leave you feeling insecure, lacking motivation, unable to respond to challenges in your life, anxious or depressed, with negative thoughts and feelings about your body image.

Learning to recognize the situations which affect your self-esteem is essential. Identify the scenarios that boost self-esteem or diminish it and learn how to handle them. For example, if you have researched an issue thoroughly and have a good grasp on how to solve the problem, have the courage to stand by your convictions. As long as you've done your homework, you can assert yourself and remain confident. There will always be those individuals who will disagree, argue or try to bully you. Do not let your self-esteem or confidence diminish in these situations.

Believe in yourself and your place in the world. This will help you succeed for the rest of your life! Go ahead, be your fabulous self!

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