

MSU - Dawg Tracks

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MISSISSIPPI STATE UNIVERSITY™
EXTENSION

*Safety Tips:
Improving Self-Esteem
Part II*

This is a continuation of the ways and means to help one improve their self-esteem. Mentioned earlier, self-esteem is how you feel about yourself. Do you feel good about your activities at work and at play? Or do you stop to dwell on the negatives, such as being critical of yourself, being negative about your outlook on life in general, or comparing yourself to other people?

I have read where it's normal to get down or feel sorry for yourself, commonly referred to as a "pity party". This is some indication of a level of low self-esteem along with other factors such as being negative about yourself, negative attitudes about accomplishments or general situations, or not accepting complimentary remarks aimed to you.

Poor or low self-esteem comes about by various factors such as bullying, feeling like you're a "fifth-wheel" or odd man out, loneliness, or loss of a job.

A continuation of the same subject that we discussed last month, following are some tips that will aid you in improving your self-esteem:

Rediscover and reaffirm your personal strengths – Sometimes you need to take an inventory of personal traits such as your looks, smile, health, personality, and your character strengths. Don't sell yourself short; it isn't bad to have personal pride and to feel good about yourself. You can accomplish self-respect and self-esteem without bordering on the arrogant side.

Ignore yourself – Sometimes the real problem isn't self-esteem, but having a tendency to overthink yourself. When you sense that this happening, direct your focus on other things. Instead of thinking of yourself, think about the golf game coming up or that special meal you'll be preparing for your family or friends.

Examine your needs – Some people need more praise than others. Some people need to be constantly accomplishing a project or task or they feel let down emotionally. In most cases, you're probably doing fine, and the activity levels happen to be a little slower than the regular routine. Even though your pace is a little slower, don't worry. Relax and enjoy the ride. It will probably change and you will be back in the fast pace mode.

Accept all compliments with "Thank You" – Don't dismiss or ignore them. When this happens you are sending yourself a message that you don't deserve or aren't worth of this praise. This is a reflection of low self-esteem. Respond to compliments with a simple "Thank You."

Start giving more – Don't take yourself too seriously. Look for the opportunity to do something for someone else. When you do, it makes you feel good about yourself and you begin to feel more valuable; it lifts your spirits and raises your self-esteem. It's human nature that when you help another individual it makes you feel good inside.

Be your own cheerleader – Cheerleaders are filled with vim and vigor, energy and enthusiasm. You need to display this same degree of emotion and that, my friend, will do wonders in helping you increase your level of self-esteem. You can be your own cheerleader, displaying all the positive emotions without reaching the point of arrogance. This not only helps your self-esteem, but it "rubs off" on the people around you, increasing their feelings. So now all of you have had a positive experience and all feel good about themselves.

Start small and do a task you can accomplish easily – There's no faster way to build self-esteem than to add another accomplishment to your résumé! It always feels good to get a project crossed off your to-do list. The accomplishment doesn't have to be a monumental project; a small, simple one makes you feel good.

Examine the pattern of highs and lows – Maybe you are in a "starvation mode." It has been awhile since you did anything worthy of a compliment or being noticed by your peers. It's possible that this mood could have spurred a situation where you talked short to someone. Remember – self-esteem is a mental construct! Examine your patterns and you will know what to do.

Get some exercise – Exercise will decrease your "stress hormones" and will increase your stamina or your "feel good" hormones. If you don't have or for whatever reason you can't do a regimented exercise program, try to do a walking program each week. Exercise will change the way you feel and change your perspective, contributing to increasing your self-esteem.

Take advantage of books, videos, and seminars on self-esteem – Look for written or recorded information with tips to help you increase your self-esteem. Refrain from material that contains negative material, which can deflate your self-esteem.

Take action – The universe rewards action! Go for positive action. Leave the negative television programs that show fear and anxiety alone. These programs tend to show frustration and unhappiness. "Go for the gusto" with good, positive mediums.

*Ted Gordon-Risk Mgmt. / Loss Control Mgr.
MAFES/ MSU-EXTENSION (662) 566-2201*

Excerpts: <http://ririanproject.com/2007/02/01/wake-up-feeling-great-with-these-22-tips-for-high-self-esteem/> 10/14/2016

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