

19.1.18

WELL-BEING: SELF WORTH



Our Assemblies this half term are focusing on Emotional Health and Wellbeing. On Monday, Mrs Burningham talked about 'How are we feeling?' and outlined some steps to improving feelings of well-being and self-esteem.

Most people will have low self-esteem at some point in their lives - 75% of young people have felt it at least once. It can be caused by a number of things – comparing ourselves to friends, problems with family or at school or with our health. Sometimes it passes on its own or we can take steps to help ourselves feel better. Tackling low self-esteem early can help prevent depression or anxiety developing.

These are some of the steps which were discussed.

For children:

Step 1: Understand why you focus on negatives

- What negative things do you think about yourself?
- When did you start thinking these things?
- What happened to make you think this way?

Step 2: Challenge the negative feelings

- Find reasons why these negative things aren't true. Include things that have happened that prove they aren't true. Maybe the thing that caused those feelings has stopped.
- Write down a list of these things to keep and bring out next time you feel low.

Step 3: Focus on the positive

- Write down your best feature, the last time you received a compliment; the last time you did something for someone that made you feel good.

Step 4: Find good people

- How do the people around you make you feel?
- Spend more time with the ones who make you feel good and less with the ones who make you feel bad.

Step 5: Get Active

- Think about doing something you enjoy. If you already have a hobby, do it more often. If you don't, try something new. Only do hobbies you enjoy, don't keep plugging away at something you don't have to just because you think you have to.

Step 6: Set yourself some goals

- Choose something you know you can already do and challenge yourself. Achievements are always positive.
- Get help from your parents or teacher if you have tried these steps and you still have negative feelings. They will be able to work with you on your own particular needs.

How can parents promote good self-esteem with their children? We have included some advice below.

For parents:

Do give children choices. Giving children choices - within a reasonable set of options preselected by you - makes them feel empowered. For example, at breakfast you might offer your child the option of eggs or pancakes. Learning to make simple choices while he's young will help prepare your child for the more difficult choices he'll face as he grows.

Don't do everything for her. Be patient and let her work things out for herself. For example, it may be faster and easier to dress your child, but letting her do it herself helps her learn new skills. The more she meets new challenges, the more competent and confident she'll feel.

Do let him know no one is perfect. And explain that no one expects him to be. The way you react to your child's mistakes and disappointments colours the way he will react.

Don't gush or offer insincere praise. Kids are masters at detecting insincere praise or baseless compliments. Praise your child often, but be specific in your compliments so your words don't ring hollow. For instance, instead of reacting to your child's latest drawing with, "Wow, that's great. You're the best artist in the world," try something like, "I really like how you drew the whole family. You even included details like Daddy's beard."

Do assign age-appropriate household chores. Give children responsibility for tasks such as setting the table, walking the dog, and folding laundry. They'll increase their feelings of competency and bolster their problem-solving skills.

Don't draw comparisons between your children. Instead, appreciate each one's individuality and special gifts.

Don't call children names or use sarcasm to make a point. Never belittle your child's feelings. When you get angry take a short break so you don't say anything you'll regret. And keep in mind; you can dislike a child's actions without disliking the child. Be sure to illustrate the difference to your child.

Do spend one-on-one time with your child. Whether it's grabbing a bite to eat or taking a bike ride, try to schedule some alone time with your child at least once a week. This is a great opportunity to talk about what's on their mind and to cement the bond the two of you share.

