**What is Self Esteem?**

Self esteem is the opinion that you have of yourself. It involves your sense of self-worth, how you see yourself, and how valuable we think we are to others. It affects many areas of our lives, including our trust in others, our relationship, our work, and our outward performance.

**Signs of Positive Self Esteem**
- Confidence
- Self-Direction
- An awareness of personal strengths
- An ability to make mistakes and learn from them
- Optimism
- An independent and cooperative attitude
- Feeling comfortable with a wide range of emotions
- Good self-care
- An ability to trust others
- The ability to say no to others or to things you are uncomfortable with

**Signs of Low Self Esteem**
- Holding a negative view of life
- Perfectionist attitude
- Mistrusting others - even those who show signs of affection
- Blaming behavior
- Fear of taking risks
- Feelings of being unloved and/or unlovable
- Dependence - letting others make decisions for you
- Fear of being ridiculed

Maintaining a healthy diet helps you feel better about yourself too! Make sure you are eating plenty of fruits and vegetables as well as drinking enough water! For more information on a healthy diet visit [http://www.choosemyplate.gov/](http://www.choosemyplate.gov/)

- Optimism
- An independent and cooperative attitude
- Feeling comfortable with a wide range of emotions
- Good self-care
- An ability to trust others
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**Ways to Build Self Esteem!**

- **Be true to yourself** - Live your life doing what feels right to you, not what someone else thinks you should do.
- **Stop comparing yourself to others** - you are the only you and you are great the way you are!
- **Create an uplifting environment** - add joyful colors to your room, listen to uplifting music, reading positive and inspiring quotes, or doing anything that makes you feel good about yourself.
- **Celebrate your successes** - even the small ones!
- **Adapting an attitude of gratefulness** - there are so many things to be grateful for!
- **Do something nice for yourself** - you deserve it!
- **Do something nice for others** - volunteer! Helping someone else makes you feel better too!
- **Work out** - working out is a great way to lift your spirits and feel better about yourself.
- **Spend time with supportive, uplifting people** - they do exist!
- **Remind yourself that you are amazing just the way you are** - because you really are!

There is nothing wrong with asking for help! If you would like to talk to someone who is non-judgmental and confidential contact the University Counseling Center at (309)298.2453

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- Stall Talk is brought to you by Students T.A.L.K. peer educators and Beu Health Center Graduate Assistant Liz Andrews. For more information, call 298-3225 or e-mail at EA-Andrews@wiu.edu. For more health info, visit beu.wiu.edu. For adaptive format, see Disability Support Services.

- "I have an everyda religion that works for me. Love yourself first, and everything else falls into line." ~Lucille Ball