

Self-esteem and Self-confidence



Student Health Service
Department of Health

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What is self-esteem?

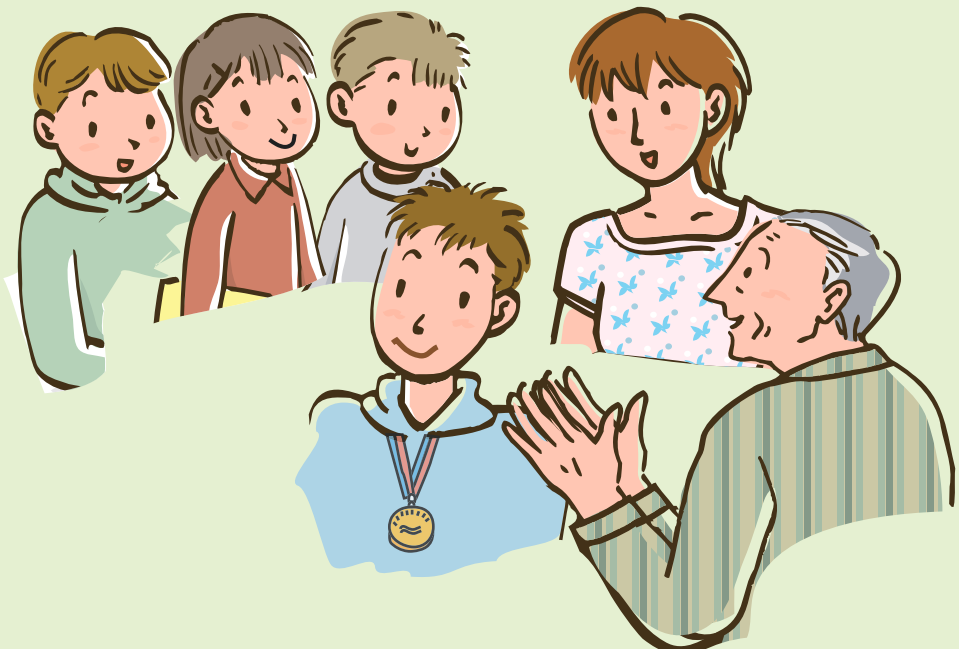
A musical staff with a treble clef, a key signature of one sharp (F#), and a time signature of 4/4. The staff contains several colorful notes: a green quarter note, a purple eighth note, a blue quarter note, and a purple eighth note. The text "What is self-esteem?" is written across the staff in a purple, sans-serif font.

Self-esteem is a person's subjective evaluation of his or her own worth. It also serves as an index of our mental health. People with healthy self-esteem tend to feel positive about themselves and are more able to accept their own weaknesses. They are more able to handle challenging situations.

What affects our self-esteem?

A musical staff with a treble clef, a key signature of one sharp (F#), and a time signature of 4/4. The staff contains several colorful notes: a green quarter note, a purple eighth note, a blue quarter note, and a purple eighth note. The text "What affects our self-esteem?" is written across the staff in a purple, sans-serif font.

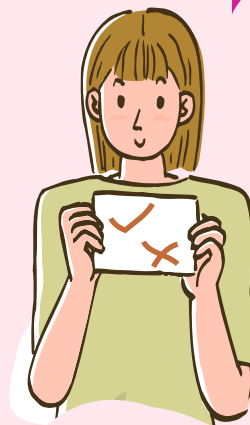
Self-esteem development begins in childhood. Evaluations from parents, teachers, schoolmates and friends can affect the ways we perceive ourselves.



How is your self-esteem?

Ask yourself:

1. Do you like yourself?
2. Are you satisfied with yourself?
3. Are you willing to improve your weakness?
4. Do you think you are useless?
5. Do you think you are unlikeable?
6. Do you often feel inferior to others?
7. Are you confident in achieving your goals?
8. Do you avoid new challenges due to fear of failure?

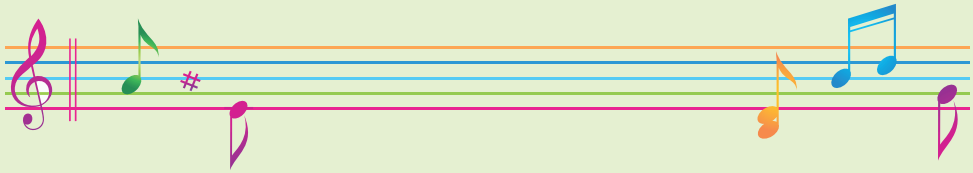


Ways to build self-esteem

1. Recognise what you are good at

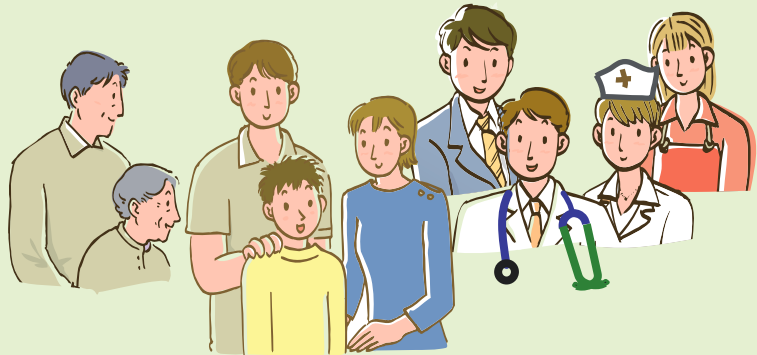
Make a list of your strengths and achievements (e.g. you are honest, sincere and good at sport, etc.). Put at the list to remind yourself of your strengths and qualities.





2. Recognise your value

Everyone is good at something. Everyone is unique and special.



3. Positive self-talk

Try to replace negative evaluations of yourself with positive thoughts and remind yourself: "Although I encounter difficulties, I am able to cope."



Even though it's tough,
I can handle the situation.



4. Develop and achieve your potential

Try new things and take on challenges. Set yourself a goal and participate in different activities like Scouts, outward bound training, interest groups and community voluntary services.

These can help you understand your abilities, interests and talents.

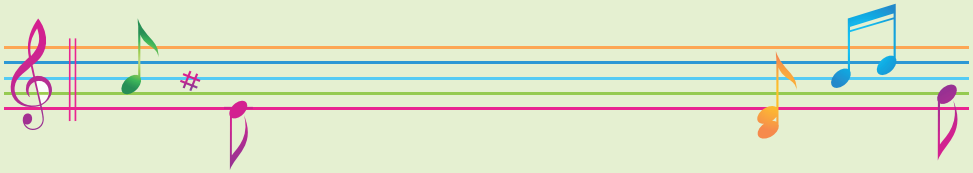


5. Improve your weaknesses

Nobody is perfect. Have reasonable expectation for yourself and set achievable goals to improve your weaknesses.

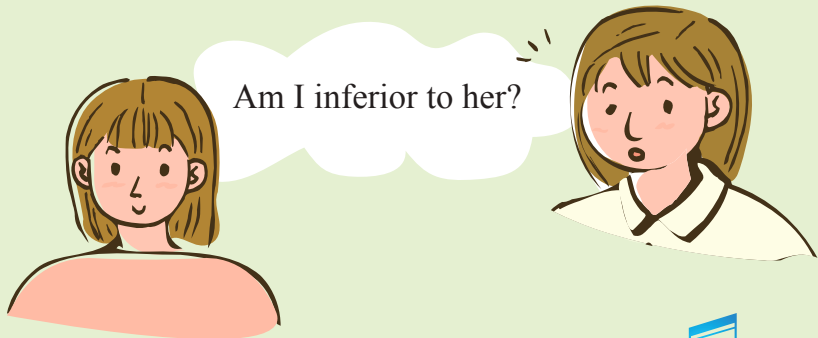


I am not good at this so I need to make an effort to improve.



6. Stop comparing yourself to others

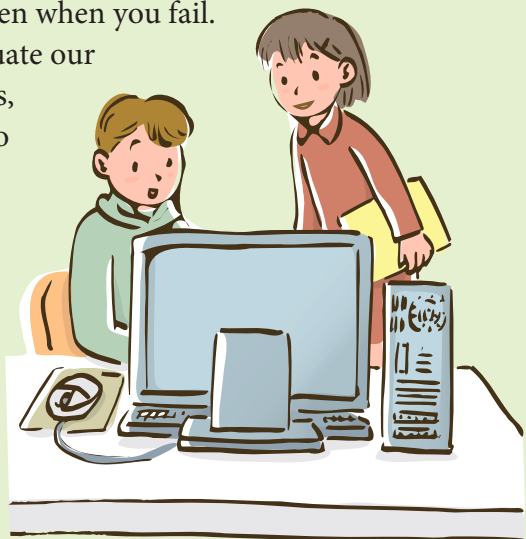
Comparison to others is endless and it only hurts your self-esteem. Instead, try to set achievable goals and make persistent efforts to improve yourself.



7. Do not give up but shape up

Do not look at yourself as loser even when you fail. We can learn from mistakes, evaluate our performance, make improvements, rise to new challenges and strive to get better results next time.

Although I failed last time,
I will try again.





8. Learn from your mistakes

Everyone makes mistakes. The most important thing is to learn from mistakes and regard failure as an opportunity for growth. Acknowledge your mistakes, and have the courage to correct them, and don't repeat the same mistakes.



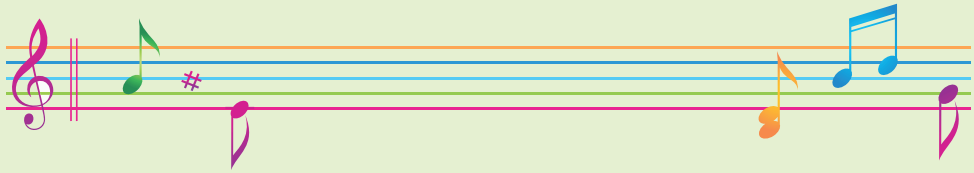
Sorry! I won't be that impulsive anymore.



9. Be kind to yourself

Take good care of yourself and lead a healthy and fruitful life. Do not engage in actions that are harmful to health or illegal.





10. Establish good interpersonal relationships

Establish good relationships with your parents, family members, teachers and friends. Respect and trust each other. When you encounter difficulties, you can talk to them and share your feelings. Let them provide you with support and encouragement.

