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5 Ways to Boost Your Self-Esteem

1. Take charge of your progress

Get a clear picture of the influences and events that have affected you. If this stirs up painful memories be strong, breathe and stay with the feelings until they become less intense. View the experiences from a position of acceptance: they happened and there is probably nothing you can do about it now. Become very clear about what is within your control and what is not. You will be surprised how much you can change your thinking, feeling and actions and what little control you have over other people and external situations. Work on how you are in life and how you respond to its challenges.

2. Define success

Power, wealth and fame are generally accepted signs of success. On a practical level it is more useful to think in terms of what athletes call Personal Best (PB). As everybody is unique with their own conditions in life, there can be a great variety of PB's: being the best grandmother you can be, being in the top 10 of something, creating music that lifts people up, getting fit, being alive after severe health challenges. What is most important to you? What would make your life successful? How will you know when you have 'succeeded'?

3. Tame your inner critic

Beware of comparisons with others or towards an unrealistic ideal. Make a list of your positive qualities. Consider attributes and behaviors like kindness, loyalty, love of learning, diligence, helping others and so on. If you get stuck, consult supportive friends but beware of people who put you down so they can appear superior. Don't believe your own negative self-talk no matter how convincing and true it seems. Ignore your thoughts and give your full attention to what you are doing at the time. Or reflect on whether your thoughts are true, realistic and appropriate to the occasion. Update your attitude to failures; see them as learning experiences rather than disasters.



4. Acknowledge your achievements

No false modesty here. You need to be realistic in order to boost your self-esteem. Look at the different areas of your life: family and home environment, friends and relationships, career, health, finances and personal growth. Each day ask yourself for three of these areas and what you have achieved and write them down. Even the smallest steps count: not arguing with your mother, addressing a task you have long put off, doing your exercises.

5. Give your confidence a workout

This requires you stepping out of your comfort zone. Each day do one thing differently to how or what you usually do. Take a different route home than normally, initiate a conversation with a stranger if that is something you customarily avoid, say no to a request if it is not in your best interest. All you have to do is commit to an action you are uncomfortable with, tend to avoid and fear. Begin with small changes gradually increasing the difficulties. Increasing your flexibility and practicing new ways of being in the world helps you realize that you can adjust and hold your own in many different situations. Keep challenging yourself and write down your daily achievements. Modified from: <https://psychcentral.com/blog/5-ways-to-boost-your-self-esteem/>

HOW TO USE YOUR EAP:

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