

Pro Kinship for Kids

Inside this issue:

What is Self-Esteem? 2 continued	
Stress and Time Management 2	

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Newsletter by



In order to have high self-esteem, it's important to understand what self-esteem really is. Firstly, esteem means having admiration and respect. Self-esteem is giving respect and admiration to yourself. Self-esteem is the degree to which the qualities and characteristics contained in one's self-concept are perceived to be positive. High self-esteem is not just liking yourself, but generally affording yourself love, value, dignity, and respect. Positive self-esteem also means believing in your capability (to learn, achieve, and contribute to the world) and autonomy to do things on your own. It means you think your ideas, feelings, and opinions have worth.

Self-esteem is how you feel about yourself (inside and out), encompassing what you think about and value in yourself and how you relate to others. It's also related to how you feel others view, treat, and value you. This is why those in abusive situations or who have experienced trauma (particularly as children) are more likely to suffer from low self-esteem, now and in the future. Self-esteem isn't dependent entirely on one

thing or set of thoughts. Instead, a person's self-esteem is made up of your view of all the things that define you as a person, including your personality, accomplishments, talents, capabilities, background, experiences, relationships, and physical body, as well as how you perceive others see you.

There is a clear link between high self-esteem and quality of life. Here are ways to improve Self-Esteem and make you think more favorably about yourself:

- ◆ **Accept Compliments** - Notice the urge to deflect praise and instead, hear it and let it in.
- ◆ **Give Yourself a Break** - Forgive yourself for mistakes. No one is perfect or loves everything about themselves. Don't expect that of yourself. When you start on a negative spiral, ask yourself if you're being fair to yourself or realistic.
- ◆ **Love Yourself, Flaws and All** - Love and respect yourself anyway.
- ◆ **Value the Person You Are** - Aim to accept and find worth in who you are right now.

Seek out and feel pride in what makes you unique, happy, and valued.

- ◆ **Recognize the Importance of High Self-Esteem** - Once you begin to see how your view of yourself impacts life satisfaction and well-being, you may be more motivated to alter your thinking and value yourself more.
- ◆ **Seek Support** - If you need to talk to a therapist do it.
- ◆ **Start a Gratitude Journal** - In a gratitude journal, write down all the positive things in your life, the things you like about yourself, the accomplishments or qualities you are proud of, then read it over whenever you're feeling down about yourself.
- ◆ **Take Note of Your Thoughts** - When you have positive thoughts, aim to amplify them, particularly whenever less favorable thinking pops up.
- ◆ **Think of Yourself as a Friend** - You're likely to be more patient, forgiving,



What is Self-Esteem? continued

kind, encouraging, supportive, and proud as you assess a friend than you are of yourself. So, next time you're beating up on yourself, step back, shift your perspective, and look at yourself as you would a friend.

- ◆ **Work on Yourself** - If there are

things about yourself or your life that you don't feel good about, consider what changes you can make.

High self-esteem is key to life satisfaction. Wherever you may be on the self-esteem spectrum, you can work on improving your vision,

support, compassion, and love of yourself. The relationship you have with yourself may ultimately be the one that matter most, it gifts you the resiliency, confidence, kindness, motivation, and love that informs the rest of your life and helps you be the best person you can be.

Stress and Time Management

Some stress can be healthy, because it can encourage you to find a new skill, get things done, or do something well. But stress that goes on for a long time can negatively impact all aspects of your health. Being able to manage time and, in turn, stress is essential for a healthy body and mind. Here is how to do it:

Learn to Say "No"

Unless taking responsibility for a specific task is truly important to you (or to your boss), learn to say "no" to tasks that you feel pressured to do. Instead, focus on activities that you enjoy and that will enhance your career and personal life.

Organize a Realistic Schedule

Plan your schedule before your week starts and make sure all the tasks you include are realistic. Don't strive for perfection. Instead, strive for excellence and don't worry about things that you simply can't take on or control. In addition to your work or school schedule, as well as shopping, laundry, errands and cooking, a realistic and health-promoting schedule should include the following:

- **Exercise** - Thirty to sixty minutes of exercise each day helps reduce stress and promotes numerous health benefits. To save time and be efficient with exercise, set an alarm and go with a friend or family member. Keep your gym clothes wherever you are (car, office) and make sure to have your gear ready the night before.
- **Relaxation** - To ease stress, try belly breathing: slow, deep breaths through your nose that fill

the stomach, not chest. Do this technique sitting or standing or try it when riding in a car or waiting in a line.

- **Sleep** - Do you find it difficult to get out of bed? Do you have a hard time remembering things and concentrating at work or school? Do you fall asleep the moment your head hits the pillow? If so, you might be sleeping too little. Try adding 15 minutes to your sleep schedule each night until you find the amount that keeps you energized the whole day. Most people need 8 to 9 hours of sleep each night.
- **Laughter** - Laughter reduces stress, boosts your immune system, decreases blood pressure, and improves mood. Add laughter to your day by calling a friend or family member who typically makes you laugh, watching a funny movie or video, or inviting friends over for game night.

Create a Prioritized To-Do List

Create your list at the beginning of each day and note which items are the most important and which ones you can put off. Number items by priority, or use color-coding: red for "do this right away", orange for "do this next", yellow for "do this last".

Combine Tasks

Combine tasks and errands for time efficiency. For example, when making a meal for yourself: make more than one serving, eat one serving and save the rest for later. Also, when planning your day or even your week, determine what errands you have to run and

figure out which ones you can combine into one trip.

Plan Ahead

Think about what you have to accomplish in the near future, and come up with an action plan to guide you through the workload with minimal stress. Don't let important tasks build up, because they'll be more stressful to handle in a time-crunched situation.

Eliminate Time-Wasting Activities and Procrastination

Limit time you spend watching shows and videos and surfing the internet. Finish an important task first and then do something to reward yourself. Try to work in intervals: work for 60 to 90 minutes and then take a 10-minute break.

Keep a Time Log

How much time do you actually spend on accomplishing important tasks? How much time do you spend on time-wasting activities? Once you figure out that ratio, try to change your habits to match a more productive, and therefore, less stressful, lifestyle.

General Stress-Reducing Tips

- * Think about and be grateful for the good things in your life.
- * Expect positive outcomes in new situations.
- * When you realize you are stressed, take a 10-minute break to do something you enjoy.
- * Take care of your body and mind: eat healthy, drink enough water each day, exercise enough, sleep well, relax and laugh often.

