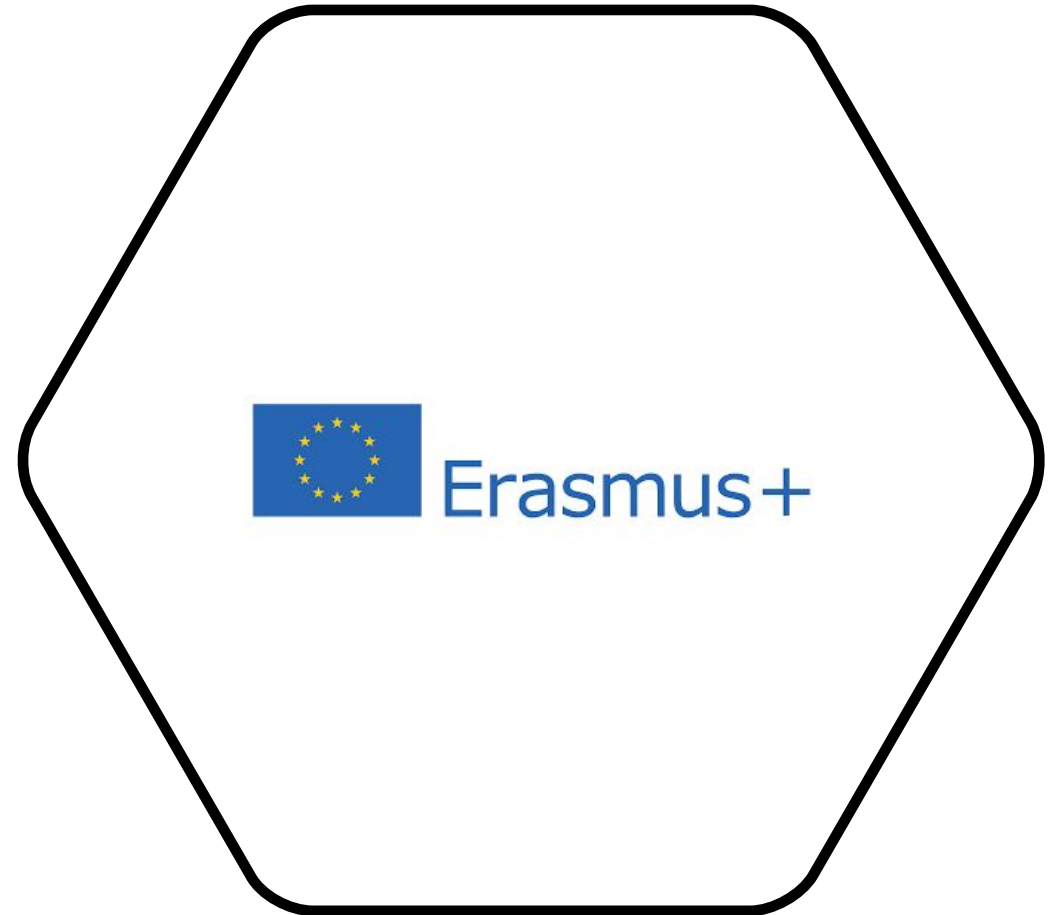


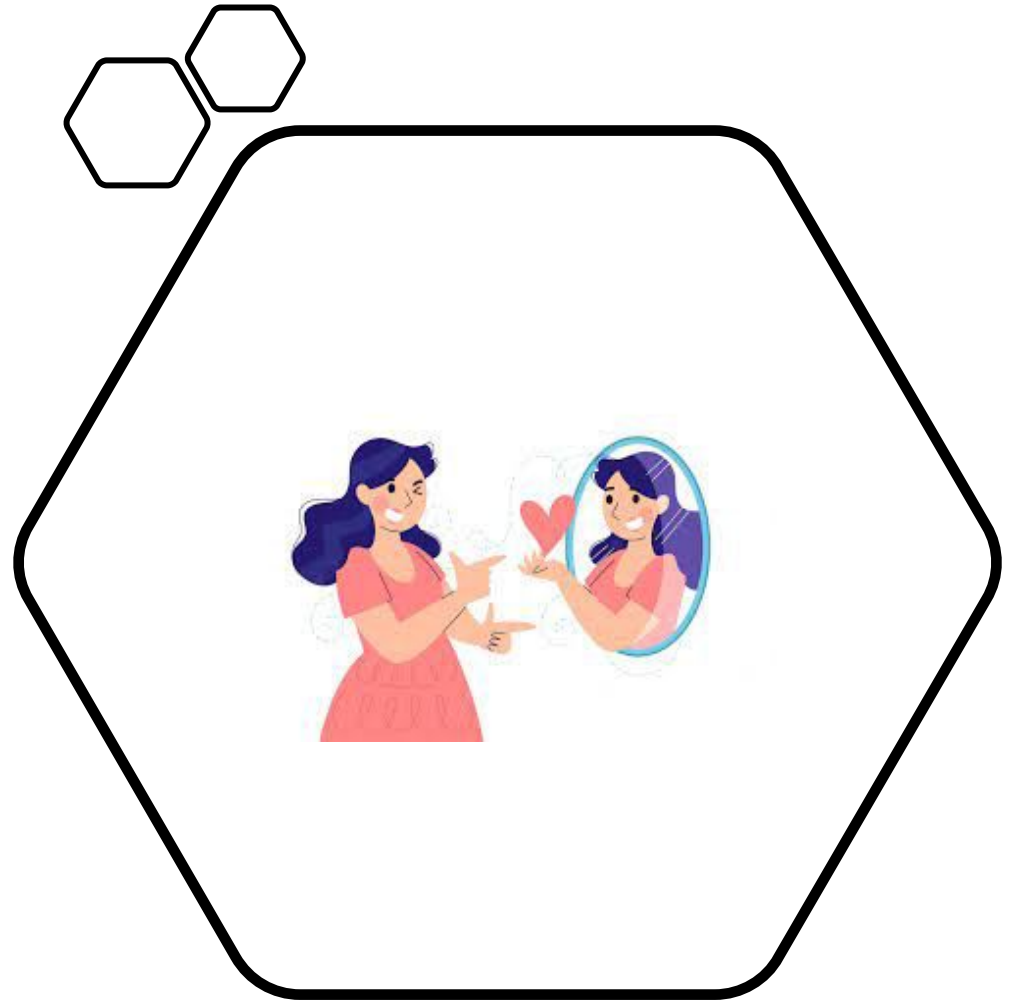
Lily, Marina, Sara, Amaya

Enhance Self-esteem



Definition

- Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves.
- Self-esteem is important because it heavily influences people's choices and decisions by making it more or less likely that people will take care of themselves and explore their full potential.
- Self-esteem is influenced by a lot of factors, like life experiences, quality of life, age and health.



Major self-esteem drops during Adolescence

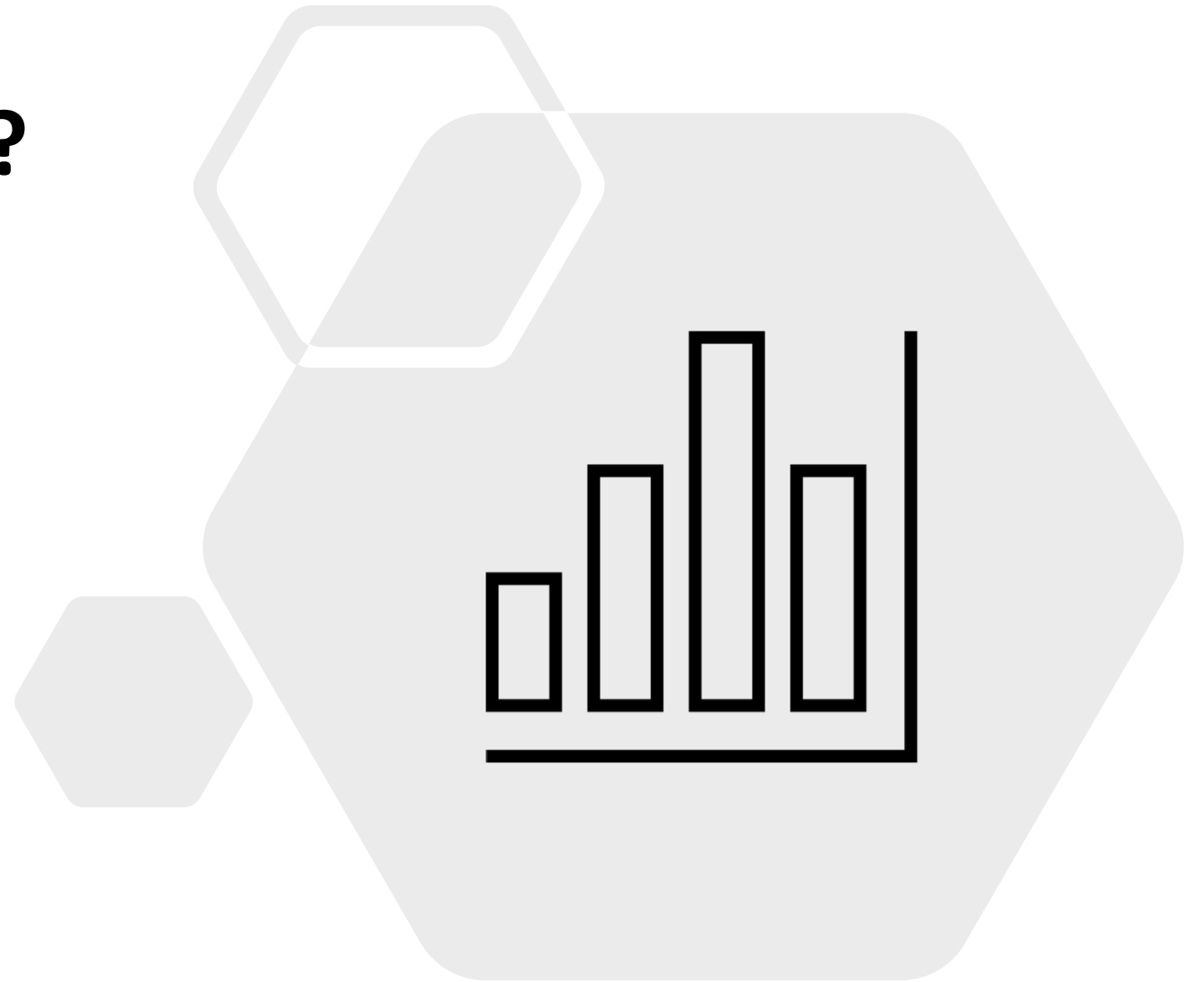
- 1st drop at ages 9-13
 - Loss of childhood
 - Certain behaviors are considered childish
 - Sacrificing cherished toys or hobbies
- 2nd drop at ages 18-23
 - Independence expected
 - Overwhelming
 - Disappointed in themselves



Who do I want to be?

A 2015 German HSBC-Study shows that teenagers:

- think they are too fat
 - 25.6% Boys
 - 42.3% Girls
- have eating disorders
 - 21.8% Girls
 - 11.9% Boys



Bean bags game

On Tuesday we played a game where we had to throw a bean bag to get points while being motivated/demotivated.

- How did you feel with the different coaches?
- How did you perform with the different coaches?



How to improve your self-esteem

- Use positive affirmations (ex. „I can do this“)
- Keep a self-esteem journal (every day write the good things that happened that day)
- Set a realistic goal and try to reach it (show yourself you can reach them)
- Exercise
- Practise mindfulness (not worrying about the past and the future increase self-esteem)



How to improve your self-esteem

- Identify what you're good at
 - What are you good at?
- Be kind to yourself
- Don't always say yes
- Build positive relationships
- Accept compliments
- Social media detox



A sun of compliments

Draw a sun on paper, exchange them and write two compliments to the people in your group, thank the others, then reflect on these questions:

- Do you like receiving compliments from others?
- Which compliment describes you best?
- Do you usually compliment other people?



Why you should give compliments

Compliments:

- increase your happiness
- make you grateful
- make your interpersonal relationships stronger
- increase your stress resilience and physical health



Compliments you shouldn't give

“Wow! You have lost so much weight!”

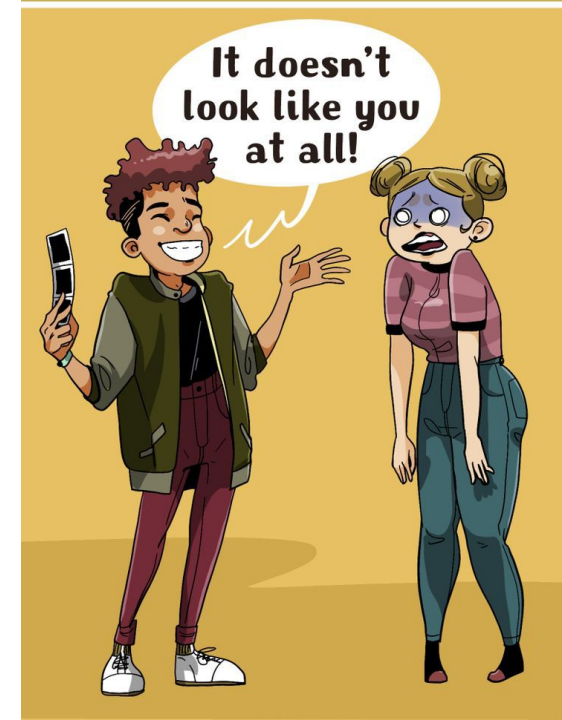
“You're so tall!”

“You look good today.”

“You're so cool.”

“You're really intelligent for a woman.”

“You look like someone who knows how to have fun.”



Thank you for listening

Do you think you'll use some of
our tips?

