

CULTIVATING YOUR OWN SELF-WORTH

What is Self-Worth?

Self-worth is a way of thinking, feeling and acting that implies that you accept, trust, and believe in yourself

Self-acceptance

- Living comfortably with your personal strengths and weaknesses without undue self-criticism

Self-Respect

- Acknowledging your own dignity and value as a unique human being and treating yourself in much the same way you would treat someone else that you respect

Self-Trust

- Means that your behavior and feelings are consistent enough to give you a sense of continuity and coherence despite changes and challenges in your external circumstances

Believing in yourself

- Means that you feel you deserve to have good things in your life and that you have the confidence to fulfill your deepest personal needs, aspirations and goals

4 Pathways to Create Lasting Confidence and Self-Worth

1. Wellness

- Overall wellness includes mind, body and spirit
- Making decisions to prioritize yourself- even taking 10 minutes to yourself before you start the day or making time for exercise or socialization can make the biggest difference

2. Emotional Self- Expression

- Inability to express emotions allows for the build up emotions or feelings that can lead to worsening self-worth
- Talking to a therapist, joining a support group, journaling, talking to a close friend are healthy ways to practice self-expression

3. Self-Talk and Affirmations for Self-Worth

- Negative beliefs can really impact our self-worth. These can create maladaptive belief systems such as: I am not enough, my feelings aren't important, I am not capable
- We can increase the components of self-worth by extending the same courtesies to ourselves that we extend to others and treating ourselves with grace and loving kindness

4. Personal Goals and a Sense of Accomplishment

- When we lack clearly defined goals, it can impact our self-worth and leave us feeling stuck and directionless
- Creating SMART goals can assist in providing direction to take a positive step towards increasing our sense of self-worth

RESOURCES

AdventHealth Behavioral Health Assessment Center	913-789-3218
National Alliance on Mental Illness of Greater Kansas City	816-931-0030
Depression and Bipolar Support Alliance	www.dbsalliance.org
Psychology Today for listing of therapists/psychiatrists	www.psychologytoday.com
Church of the Resurrection Care/Support Program	cor.org/connect/supportgroups
Employee Assistance Programs	ask your HR Department
National Crisis and Suicide Lifeline	988

BOOKS FOR OUR JOURNEY

The Answer Is Simple: Love Yourself, Live Your Spirit! Sonia Choquette

Book of Joy: Lasting Happiness in a Changing World Dalai Lama and Archbishop Desmond Tutu

Boundaries: When to Say Yes, How to Say No to Take Control of Your Life Henry Cloud & John Townsend

Dare to Lead: Brave Work, Tough Conversations, Whole Hearts Brené Brown

Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent, and Lead Brené Brown

Peace in Every Step: The Path to Mindfulness in Everyday Life Thich Nhat Hanh

The Power of Now: A Guide to Spiritual Enlightenment Eckhart Tolle

Spontaneous Happiness Andrew Weil, MD

Grace Walk Steve McVey

The Ruthless Elimination of Hurry John Mark Comer

Codependent No More Melody Beattie