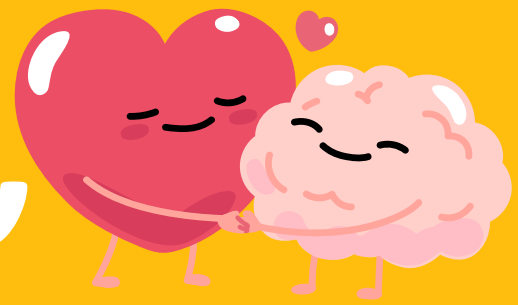




MENTAL HEALTHY NEWSLETTER



As mental health issues among individuals continue to rise year by year, month by month, and day by day, so do topics around ending the stigma on mental health. The *Mental Healthy Newsletter* focuses on raising awareness surrounding mental health and decreasing the stigma on campus.

LOOK FORWARD TO:

- ✓ Education, information, and resources about mental illness
- ✓ Tips on mental health and wellness
- ✓ A dose of inspiration and positive affirmations to get you through

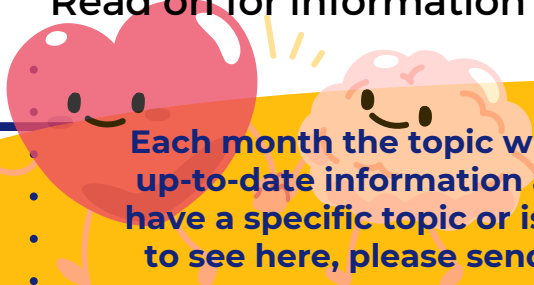
Now, let's get into the February Mental Healthy Newsletter!

The International Boost Self-Esteem Month is annually observed in the month of February and dedicated to improving self-esteem across the globe. Despite our challenges and obstacles, this is a time set aside each year to acknowledge our strengths and help us believe in and appreciate ourselves more.

International Boost Self-Esteem Month is here! This Valentine's Day, honor yourself and your presence. Give yourself some of that self-love!

Read on for information about self-esteem and tips for thriving through!

Each month the topic will focus on something different, providing you with up-to-date information and resources within the mental health field. If you have a specific topic or issue surrounding mental health that you would like to see here, please send an email to Kaisha Yeager at kyeager@fpctx.edu.



DEAR ME,

I AM THE AUTHOR OF MY STORY.

I AM RESILIENT.

I AM GROWING.

I AM ENOUGH.

I AM KIND.

I CAN.

XOXO

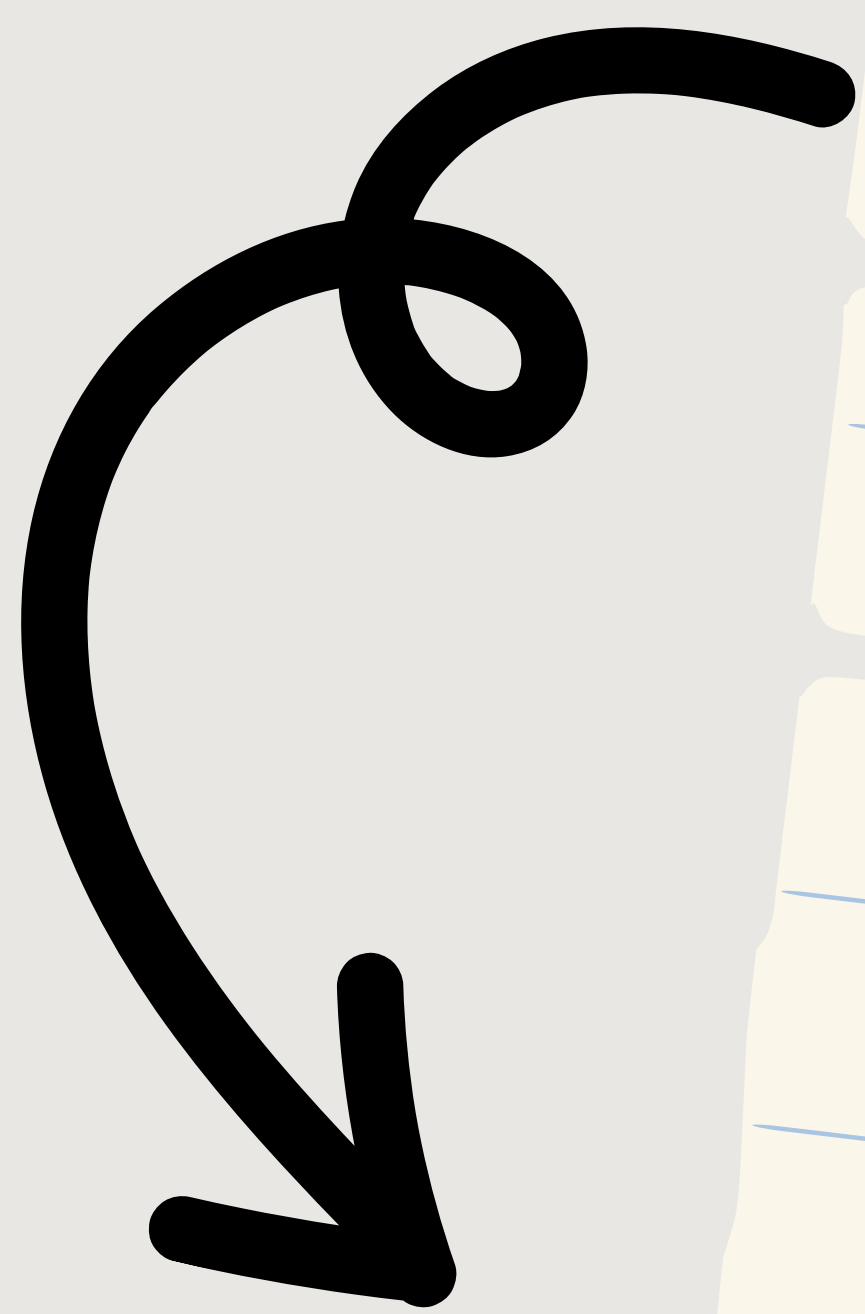


WHAT DOES SELF-ESTEEM

MEAN?



SELF-ESTEEM IS A PERSON'S SENSE OF SELF WORTH. A PERSON WITH HEALTHY SELF-ESTEEM HAS A HEALTHY BALANCE OF APPRECIATION AND RESPECT FOR THEMSELVES AND OTHERS. A PERSON WITH UNHEALTHY SELF-ESTEEM MAY HAVE A DISTORTED OR INFLATED PERCEPTION OF SELF AND OTHERS. EQUALLY IF NOT MORE IMPORTANT THAN LIKING AND VALUING THE POSITIVE THINGS ABOUT YOURSELF IS ACCEPTING THE THINGS ABOUT YOURSELF THAT YOU MAY NOT NECESSARILY LIKE OR ADMIRE AND THAT MAY NOT BE SO EASILY CHANGED.



HEALTHY SELF-ESTEEM

- CONFIDENT & CAPABLE
- CONTENT WITH ABILITIES
- RESILIENT & HOPEFUL
- CHALLENGE NEGATIVE THINKING
- FOCUS ON POSITIVES
- SENSE OF BELONGING

IMPAIRED SELF-ESTEEM

- NEGATIVE SELF-TALK
- TROUBLE ACCEPTING COMPLIMENTS
- FEELING UNWORTHY
- COMPARING SELF TO OTHERS NEGATIVELY
- SENSITIVE TO CONSTRUCTIVE CRITICISM





HOW CAN YOU IMPROVE SELF-ESTEEM?

SELF-ESTEEM CAN BE A SELF-FULFILLING PROPHECY; THE MORE LIKELY YOU ARE TO THINK NEGATIVELY ABOUT YOURSELF, THE MORE LIKELY YOU WILL FEEL NEGATIVE ABOUT YOURSELF (ZBROG, 2023). THIS REQUIRES A SHIFT IN MINDSET. FORTUNATELY, THERE ARE STEPS YOU CAN TAKE TO ADDRESS PROBLEMS WITH PERCEPTIONS OF YOURSELF AND BOOST THAT SELF-ESTEEM.

note to self:
DO NOT QUIT

1. BECOME MORE AWARE OF NEGATIVE THOUGHTS. LEARN TO IDENTIFY DISTORTED THOUGHTS THAT ARE IMPACTING YOUR SELF-WORTH. HEAR YOUR INNER CRITIC.

[READ MORE](#)

[PRACTICE NOW](#)

3. USE POSITIVE SELF-TALK. WORK AGAINST NEGATIVE THOUGHTS BY PRACTICING RECITING POSITIVE AFFIRMATIONS TO YOURSELF.

[READ MORE](#)

2. CHALLENGE NEGATIVE THINKING PATTERNS. WHEN YOU FIND YOURSELF ENGAGING IN NEGATIVE THINKING, TRY RESPONDING TO YOUR INNER CRITIC WITH MORE REALISTIC AND/OR POSITIVE THOUGHTS.

[READ MORE](#)

[PRACTICE NOW](#)

4. PRACTICE SELF-COMPASSION AND SELF-ACCEPTANCE. PRACTICE FORGIVING YOURSELF AND MOVING FORWARD.

[READ MORE](#)