



“Preventing teachers’ burnout in primary schools”

2023-1-PL01-KA210-SCH-000152158



How to take care of Self-Esteem



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Objective of the training

The aim of the training is to help participants understand what self-esteem really is, how it develops and discover effective tools for cultivating it.

Target group

Training is aimed at teachers, educators and any school community member.



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Short description

Self-esteem is one's subjective sense of overall personal worth or value.

Having healthy self-esteem can influence our motivation, our mental health, and our overall quality of life. However, having self-esteem that is either too high or too low can be problematic.

There is a number of strategies one could follow in order to understand better his unique level of self-esteem, build a healthy self esteem and strike a balance that is right for him.





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Training program:

Module 1st Acquiring knowledge about self esteem

What is self esteem and how it develops.

Module 2nd Differences between healthy and low self esteem

Characteristics, benefits of good self-esteem, factors that lead to low self-esteem.

Module 3rd Strategies To Build Healthy Self-Esteem

Module 4th Self practise some of the strategies mentioned



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Knowledge level educational objectives:

After the training participants would be able to:

- ✓ explain what is self esteem and how it develops.
- ✓ distinguish the differences between healthy and low self esteem.
- ✓ name strategies to build healthy self esteem.



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Skill Level Learning Objectives:

After the training participants would be able to:

- ✓ recognize the factors that influence low self esteem.
- ✓ use techniques/strategies to improve self esteem.



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Training methods to be used:

- ❖ lecture with presentation
- ❖ brainstorming
- ❖ discussion
- ❖ individual and group exercises



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Notes for the trainer

The presentation is divided into two parts. The first one provides useful information and tips for the trainer while the second is the material to be presented to the training group.

Training could be divided in two parts. The first part is the theoretical framework about self esteem while in the second part, building healthy self esteem strategies are presented. Participants should practise these techniques as part of the training.

Training goals and techniques mentioned are optional. Each trainer is ought to enrich them according to his audience's needs and demands.





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Self-esteem: a powerful force within each one of us



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What is self-esteem?

As human beings, we have the ability to not only be aware of ourselves but also to place a value or a measure of worth to ourselves or aspects of ourselves. It is a personal subjective assessment of our entire worth or value. It describes our level of self-confidence in our skills and traits. The level of motivation, mental health, and overall quality of life can all be impacted by a strong feeling of self-worth.

Self-esteem usually refers to how we view and think about ourselves and the value that we place on ourselves as a person.

However, having an abnormally high or low sense of self-worth can lead to problems.

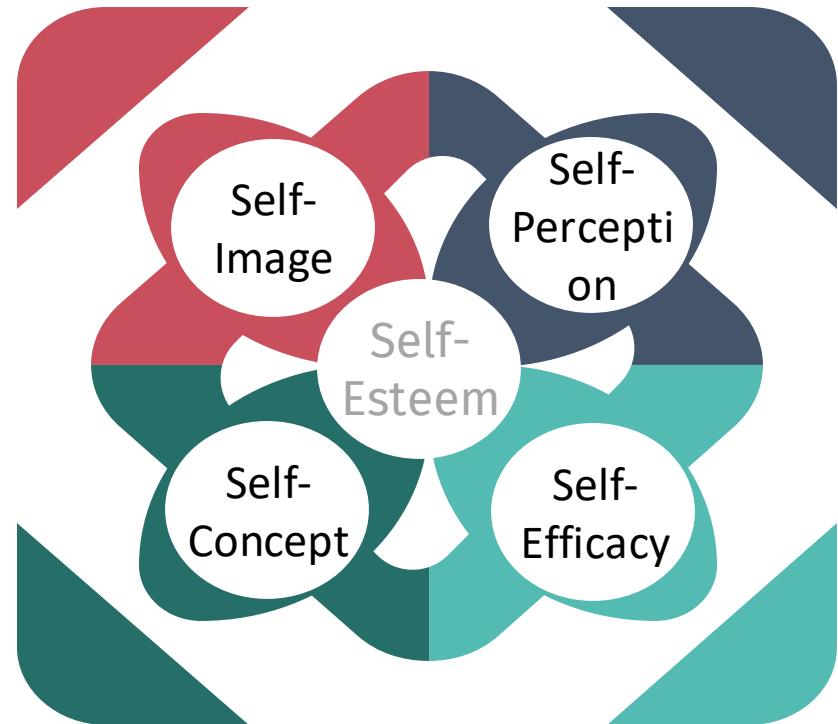


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Related terms

Similar words like “Self-image”, “Self-perception”, “Self-efficacy”, and “Self-concept” refer to the way we view and think about ourselves and our abilities.





Definitions

Self-esteem refers to an individual overall positive evaluation to the self. High self-esteem consists of an individual respecting himself and considering himself worthy. (Rosenberg, M. (1965). Society and the adolescent self- image. Princeton, NJ: Princeton University Press.)

Self-esteem is the evaluation which the individual makes and customarily maintains with regard to himself. It expresses an attitude of approval or disapproval, and indicates the extent to which the individual believes himself to be capable, significant, successful, and worthy. In short, self-esteem is a personal judgment of worthiness that is expressed in the attitudes the individual holds toward himself. (Coopersmith, Stanley, The Antecedents Of Self-Esteem, CA: Consulting Psychologists Pr. Inc., 1981.)



Definitions

Sedikides and Gress stated that self-esteem refers to individual's perception or subjective appraisal of one's own self-worth, one's feelings of self-respect and self-confidence and the extent to which the individual holds positive or negative views about self. (Sedikides, C. and Gress, A. P. (2003). Portraits of the self. In M. A. Hogg and J. Cooper (Eds.), Sage handbook of social psychology, 110-138)

Self-esteem is also defined as a global barometer of self-evaluation involving cognitive appraisals about general self-worth and affective experiences of the self that are linked to these global appraisals. (Murphy, Stosny, and Morrel, (2005). Change in self-esteem and physical aggression during treatment for partner violent men. *Journal of Family Violence*, 20, 201-210)





How self-esteem develops

Early life experiences play a significant role in the development of self-esteem. The experiences that you had and how you were treated in your childhood will affect how you think of yourself as an adult.

HEALTHY SELF-ESTEEM

- Listened to
- Praised
- Given attention
- Treated with respect
- Getting along with others
- Success at school or sports
- Given opportunities
- Having mistakes & failures recognised & accepted
- Feeling loved
- Had chances to do things

LOW SELF-ESTEEM

- Ignored, neglected or abused
- Constantly criticised
- Lack of Praise or affection
- Being bullied or made fun of
- Different to others
- Not doing well at school or in sports
- Living in a bad area
- Made to feel that not being perfect was a weakness
- Made to feel unworthy of being loved
- Living in a bad area





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How self-esteem develops

What happens to us in our adult life may also have a negative impact on our self-esteem.

- Excessive or harsh criticism
- Not feeling that you fit in, for example, at work, or in a new area
- Physical, emotional, or sexual abuse
- Your appearance
- Financial worries
- Stress at work, or losing your job

- Difficulties with those close to you (family, friends, or partner)
- Separation, or divorce
- Traumatic events (accidents, being assaulted, someone close dying)
- Illness, or health problems



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The Three C's of self-esteem are:

Competence: refers to a sense of capability and effectiveness in one's abilities and skills. Feeling competent involves having confidence in one's capacity to achieve goals, solve problems, and handle challenges effectively.

Connection: refers to a sense of belonging and acceptance in social relationships and communities. It involves feeling connected to others, forming meaningful relationships, and experiencing support and validation from peers, family, and friends.

Control: refers to a sense of agency and autonomy in one's actions and decisions. It involves feeling empowered to make choices, take responsibility for one's life, and exert influence over one's environment.



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Healthy self-esteem

Healthy self-esteem refers to having a balanced, realistic and accurate perception view of oneself – feeling confident in our abilities, respect ourselves despite imperfections, and acknowledge areas of weakness.

Self-esteem is important because it affects how we think, feel, and behave in our daily lives. It influences our interactions with others and shapes the way we approach challenges and opportunities.

People with healthy self-esteem tend to have a positive and confident outlook on themselves and their abilities. They have a sense of security in who they are and are able to handle the ups and downs of life with greater resilience.





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People with healthy self- esteem often:

- ✓ Are able to see their positives and recognize their strengths.
- ✓ Feel good about themselves, treat themselves with respect and feel they deserve the respect of others.
- ✓ Feel confident in being able to express their beliefs, interests and ideas and make their own decisions.
- ✓ Embrace opportunities in school, work or society and reach their potential.
- ✓ Feel strong positive emotions.
- ✓ React positively to criticism and not take it personally.
- ✓ Use mistakes or failures as opportunities to grow and do better next time.



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The benefits of good self-esteem

- ✓ Better Mental Health
- ✓ Better Relationships
- ✓ Better Physical Health
- ✓ Better Academic and Career Performance
- ✓ Increased Creativity and Innovation
- ✓ Improved Motivation
- ✓ Ability to Take on New Challenges
- ✓ Greater Resilience

Positive self-esteem operates as, in effect, the immune system of consciousness, providing resistance, strength, and a capacity for regeneration.



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Low self-esteem

Low self-esteem has been linked to depression, aggression, less competency to overcome difficulties and decreased level of well-being in adolescence. (Stavropoulos, Vasileios, Lazaratou, H, Marini, E and Dikeos, D (2015) Low Family Satisfaction and Depression in Adolescence: The Role of Self-Esteem)



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Low self-esteem

Moreover, people with low self-esteem scores tend to have a general negative attitude toward many things, including other people and personal circumstances. (Mackinnon, N. J. (2015). Self-esteem and beyond)

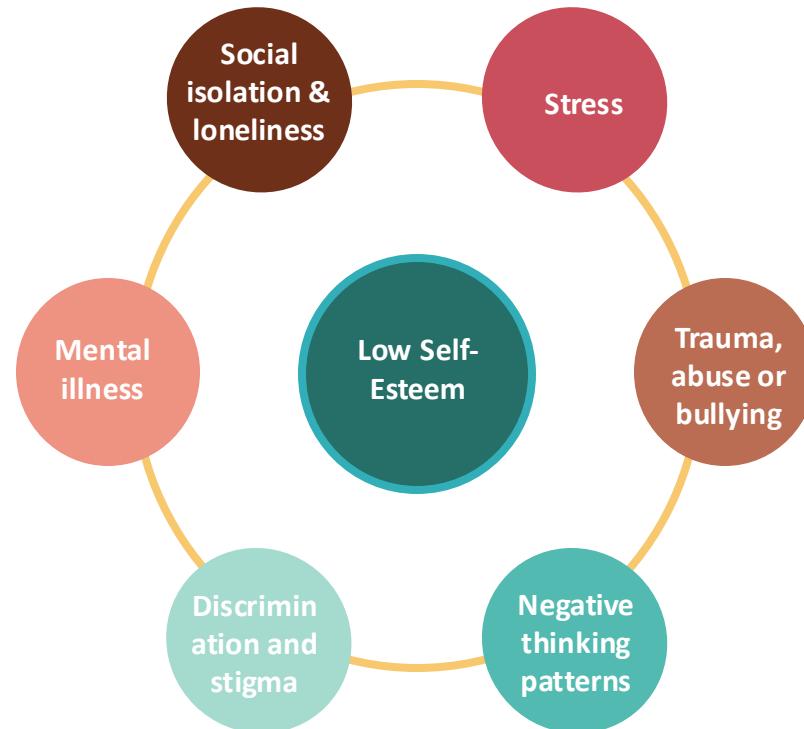
Low self-esteem can be understood in terms of confusion or uncertainty in self-knowledge, a cautious and self-protective approach to life, a shortage of positive resources in the self, and a chronic internal conflict.

People with low self esteem, lack a clear, consistent unified understanding of who they are, which leaves them at the mercy of events and changing situations. (Baumeister, R. F. (1993). Understanding the inner nature of low self-esteem: Uncertain, fragile, protective, and conflicted. In R. F. Baumeister (Ed.), Self-esteem: The puzzle of low self-regard)





Factors that influence low self-esteem





People with low self-esteem may:

- ✓ Be self-critical, put themselves down or blame themselves for any difficulties experienced.
- ✓ Avoid opportunities in school, work or society due to beliefs that they cannot do it, may fail, or will be judged negatively by others.
- ✓ Be shy and withdrawn, avoid contact with others, try too hard to please or be aggressive when faced with criticism or disapproval.
- ✓ Feel strong negative emotions, low mood, anger, guilt, shame, frustration, or anxiety.
- ✓ Ignore positive qualities and focus on perceived negatives. including what they did wrong or mistakes they made.





How low self-esteem is maintained

Although our self-esteem develops early on, there are lots of situations that happen throughout our lives that test our beliefs. Such experiences or challenges, may lead us to think, feel and behave in ways that reinforce our negative views and help to maintain our low self-esteem.

Low self-esteem can negatively affect our thoughts, making us think we can't do something, will fail, or that we can't cope. Leading to feelings of anxiousness, worry or even frustration. These are often accompanied by unpleasant physical sensations which reinforce what we are feeling. This fear of failure begins to affect our behaviour, so we may say no to activities that we are unsure of or avoid people or places in order to minimise or avoid the negative feelings we are having.





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How low self-esteem is maintained



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Strategies To Build Healthy Self-Esteem



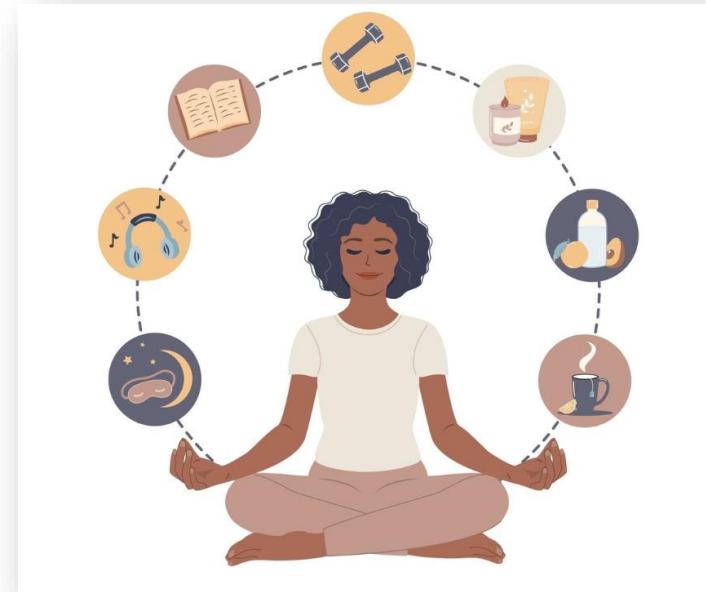
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Develop consistent self-care activities

Just as how others treated us in the past impacted significantly on our self-esteem, how we treat ourselves everyday influences how we value ourselves.

Self-care encompasses activities like: maintaining a nutritious diet, ensuring adequate sleep, engaging in consistent exercise, upholding good hygiene, allowing time for enjoyable pursuits, wearing outfits that you truly love, treating yourself kindly daily, and creating a living environment that you genuinely appreciate. Feeling unfit, fatigued, unappealing, and discontent makes us quite susceptible to feelings of insecurity.





Keep a record of all of your accomplishments

Accumulate all of your accomplishments and put them in a scrapbook, file, drawer, chest or room. This might encompass: trophies, awards, certificates, transcripts, diplomas, degrees, appreciation cards, or other documents that acknowledge you in some manner. Also remember, you don't have to concentrate solely on your significant achievements; you can maintain a record of smaller victories too. Then spend some time, once a week, looking at these accomplishments and congratulating yourself for this success.





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Develop a list of your strengths or positive qualities

Write down a list of all the strengths you possess and then add to it as you recognize new ones.

Then post this list on your refrigerator, mirror, or other visible location to remind yourself of these strengths and qualities.



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Ask for feedback from people who know and appreciate you

One of the best ways to improve your self image is to get honest and accurate feedback from people who know and value you. As well, once you ask for the feedback, fight the urge to discount it, since this is a common response for anyone who isn't used to positive feedback.

Most people would be willing to take this time with you. Also don't forget to write down the feedback, so you can refer back to it at times you are struggling.

How do you see me?

Superhero's do not always see the positive qualities within themselves. Ask at minimum 5 friends, family members, and/or adults to name positive words to describe you.

Individual asked

Qualities utilized to describe this superhero

1.
2.
3.





Indulge yourself in activities you enjoy

By indulging yourself, you are communicating to yourself that you are worthy of good treatment. This may include anything you love doing like: reading, going to a movie, seeing a friend, having a nap, playing with a pet, going for a walk, riding a bike or getting a massage.

The list is endless, depending on what you enjoy.



PLAY SPORTS



READ A BOOK



PLAY THE GUITAR



TALK TO FRIENDS





Quit comparing yourself to others

Evaluating yourself against others can boost your self-esteem, particularly if you compare yourself to individuals who have fewer skills or talents than you do. Nonetheless, many individuals grappling with self-esteem problems tend to compare themselves to others who succeed in the domains they prioritize, leading them to feel defeated. Rather, assess yourself against your own past and recognize the advancements you have achieved in your quest for skill and accomplishment.





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Fill your life with healthy, positive and supportive people

Distance yourself from any relationship that does not support your healthy sense of self, particularly with people who are highly negative and unsupportive.

It is difficult to support your own sense of self when others are tearing it down.

SURROUND YOURSELF WITH



A SUPPORTIVE PERSON



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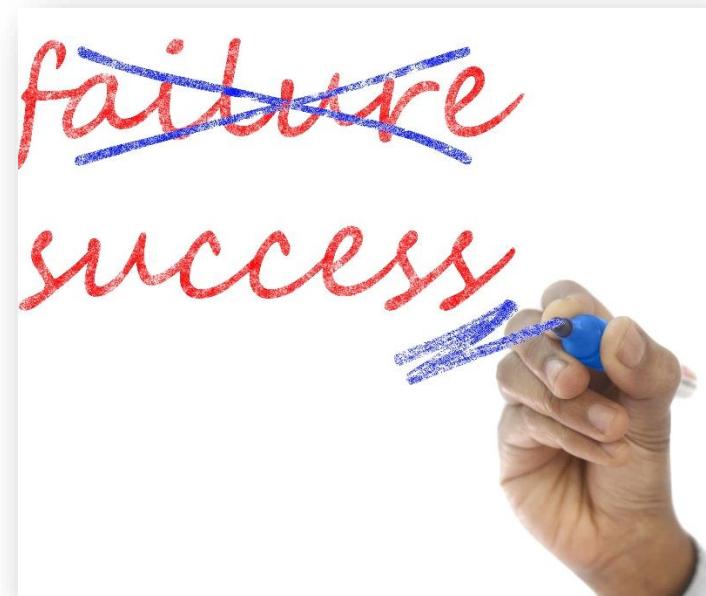


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Set yourself up for success

Seek out situations and opportunities where you have a high probability of success. However, make sure that some of these situations test your abilities to give yourself a true sense of accomplishment. When you are successful, celebrate your success rather than simply moving on to another challenge.



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Don't dwell on your weaknesses

Accept the fact that every human being has weaknesses and that they are inevitable. Just look around you and you will easily discover this. It's not just you. No matter how much you try to eliminate your weaknesses, they will exist, so instead accept them. At least accept most of them and if you really feel motivated to do so, isolate a few and work on them if they are indeed changeable.





Let go of perfectionism

Feeling like you need to be perfect robs you of the opportunity to appreciate your daily accomplishments and achievements if they are not up to your unrealistic expectations.

If the only time you feel good about yourself is when you have a perfect performance, this will be rare. You have the ability to lower your expectations for yourself and by doing so, your self-esteem can soar. View mistakes as simply opportunities to learn, not a reason to beat yourself up.





Replace negative self-talk with positive self-statements

What we tell ourselves day after day is what we come to believe. This being the case, we need to create a new, more positive script for ourselves. Stop listening to your inner critical voice and if you like, even give your critical voice a name so that you can begin to see it as something separate from yourself. Foster a new voice which is more positive, self-accepting and supportive.

HOW TO REFRAME NEGATIVE SELF TALK

IF YOU THINK THIS:	TRY THINKING THIS:
I CAN'T DO THIS. IT'S TOO HARD.	I CAN DO THIS BY BREAKING IT DOWN INTO SMALLER STEPS.
THEY ARE DOING BETTER THAN ME. I'M A FAILURE.	I ADMIRE THEIR SUCCESS. WHAT CAN I LEARN FROM THEM?
I HATE MY BODY + THE WAY I LOOK.	MY APPEARANCE DOES NOT DEFINE MY WORTH. MY BODY LETS ME DO THE THINGS I LOVE.
I SHOULD BE FURTHER ALONG IN MY LIFE BY NOW.	I AM ON MY OWN JOURNEY. WHAT CAN I DO TODAY TO MOVE CLOSER TO MY GOALS?





Develop and use daily affirmations

Daily affirmations are self-statements that you have usually written down and can repeat to yourself on a daily basis. Some typical self-esteem building affirmations include:

- I accept my thoughts, feelings, beliefs and values, even if they are different than other people's.
- I do not have to be perfect to love and appreciate myself, or be loved and appreciated by others.
- I am a unique individual and will be appreciated by others for this.





Be aware of your own needs and meet them

To the degree that we are aware of our needs and meet them, we are communicating to ourselves that we are valuable. By disregarding our needs, we are saying to ourselves that we don't matter and other people will see this as well, and potentially take advantage of us. When our needs are being met, we are healthy, both on a physical and emotional level.





Be assertive with the people in your life

Assertiveness builds self-esteem because it communicates back to yourself that your needs, values and beliefs are important. This means expressing your feelings in a way that is open and honest, but still respects the other person.

Each time you are assertive, your self-esteem grows a little bit.

The Assertiveness Scale





Live your life with purpose and goals

Setting and achieving goals builds self-esteem. Living a life that is aimless and purposeless gives no sense of achievement, which does not build your sense of self. As well, do not let others, such as your parents, establish your goals and purpose in life. They will rarely fit for you and will ultimately lead to unhappiness and failure. You need to set a goal, develop a plan of action, implement the plan, and evaluate your success.





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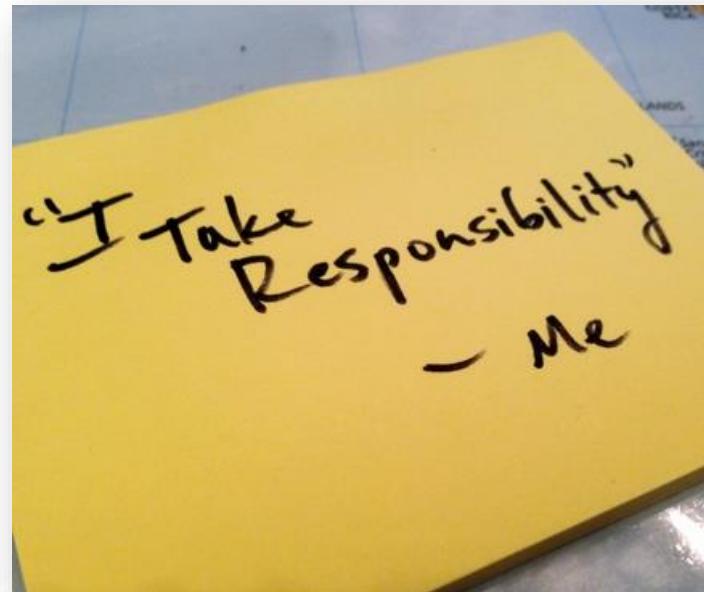
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Take responsibility for your life and your choices

Too often in today's world, people, particularly students, have not learned to take responsibility for their lives and their choices, and end up relying on their parents to continue to be responsible for many aspects of their existence.

These could be related to financial issues, vocational direction, life happiness and life choices, to mention a few. Self-responsibility for these matters can be difficult at first, but when achieved, builds our sense of self.



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Determine what you can change and what you can not

If your discontentment with yourself relates to aspects of yourself that you can change, then develop a plan for improvement and execute it. If instead it is related to something you can not change (i.e., such as your age, height, intelligence, family background, etc.), then you need to develop a sense of acceptance. Put your energy where it will be most likely to pay off.

find the
courage
to let go
of what you
can't change



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Make a decision to help others

Helping others, whether it is through your job, by volunteering, or through donating, fills us with a sense of pride and accomplishment. This accomplishment in turn, feeds our positive sense of self.



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Live your life consciously

To cope with feelings or events, many people live their lives in denial on many levels. Unfortunately, we can not effectively deal with what we are not conscious of, and then we give ourselves a reason to beat ourselves up when issues are not resolved. By being conscious of everything that is happening, in both our inner world and the outer world, we can more effectively deal with things, which in turn builds self-esteem.



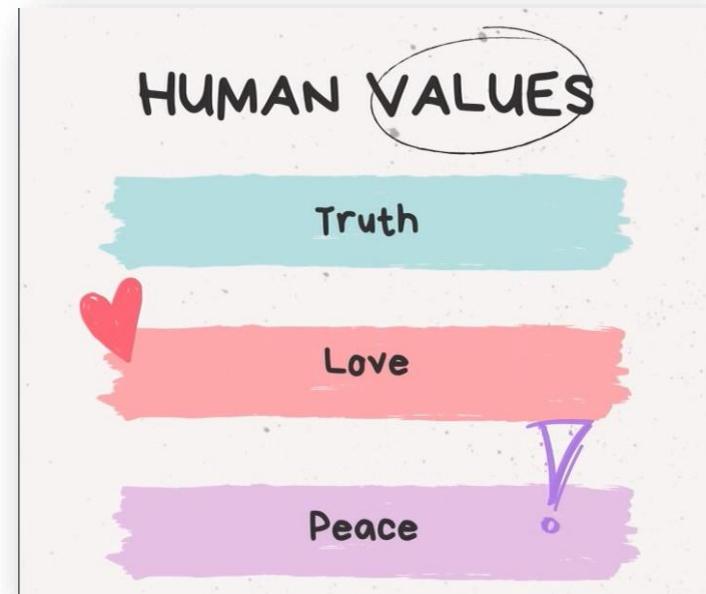
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Aim for ethical uniformity

This indicates that we must make decisions that align with our principles and ethical standards. Every time we choose something that does not align with our beliefs, our self-worth suffers greatly.

This encompasses respecting our obligations, honoring our pledges, and demonstrating our beliefs through actions.

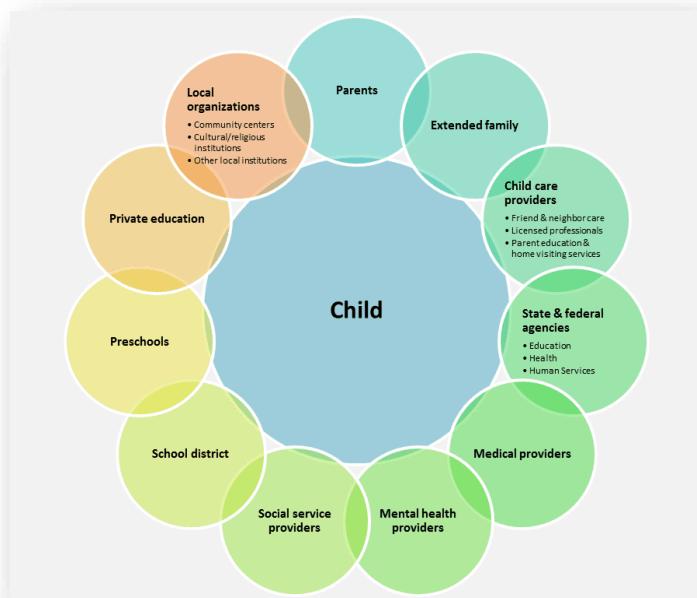




Meet age related developmental tasks

To feel good about yourself, you need to take on and meet many developmental tasks, including:

- Developing your individual identity and autonomy.
- Becoming independent from your family.
- Learning to manage basic life tasks.
- Developing healthy intimate relationships.
- Establishing a variety of social networks.
- Shifting your relationship with your parents.





Reward your achievements

We frequently concentrate on our mistakes and overlook our successes. Instead, find a way to honor or reward your achievements by: taking a break, enjoying your favorite meal, going on a vacation, engaging in a favorite pastime, granting yourself time to unwind, hanging out with a friend, or praising yourself verbally, to name a few suggestions.





Strategies to build healthy self-esteem

Self-esteem can fluctuate from one moment to the next and from day to day. At times, your self-esteem is elevated — you'll believe that nothing can throw you off balance. Soon after, your thoughts might get overwhelmed with negativity. You can feel this change in your self-esteem several times a day, even within the same hour.

Maintaining high self-esteem requires effort each day. It can be tiring. Researches indicate that the relentless quest for elevated self-esteem is unhealthy. Dedicate yourself to enhancing your well-being by discovering ways to boost self-esteem without prioritizing it above everything else.





Strategies to build healthy self-esteem

Developing self-esteem is crucial as it affects your perception and treatment of yourself, thereby influencing your overall health. Low self-esteem may indicate deeper problems impacting your mental well-being, whereas high self-esteem usually shows good self-care habits.

Taking a moment to think about how you communicate with yourself can assist you in recognizing areas needing enhancement, since self-esteem problems can arise slowly over time. Assisting those who face challenges with self-esteem is also vital, as support and empathy can significantly enhance their confidence.





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Practise strategies to build healthy self esteem

In the last part of the training participants are asked to try out some the strategies mentioned above in order to improve their self esteem.



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“Confidence is very sexy, don't you think?”

Jack Palance in a television commercial for Skin Bracer aftershave from 1975



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