

Life Skills Series

Brought to you by **SUTD Wellbeing Services**

Building 1, Level 5 (1.517) @Lobby C

<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>

Self Esteem Matters

I enjoy being me!



We can't talk about self-esteem without asking what and who define us. We perceived that our worth is determined by where we get our education, how high is our qualification, how many friends we have, where do we stay, or how good looking we are, etc. Thus, many of us would strive at any cost to earn our stripes so that we could be approved by others.

However, if these pursuits come at the expense of our health and wellbeing, then it would benefit us if we review the question on what and who we really want to define us.

People with a healthy appraisal of themselves tend to report higher level of confidence and motivation. As they are 'comfortable in their own skin', they are also likely to enjoy better relationship with others as well as with themselves. Thus, it makes sense for us to take steps to build and foster a healthy sense of self-esteem as our happiness is at stake.

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting.

If you would like to see a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.

Well, we all know that self-esteem comes from what you think of you, not what other people think of you.

Gloria Gaynor

Tips on managing self-esteem issues more effectively:

- ❖ Recognise that you have no or little control over how others may view you, but you do have control over how you see yourself. Exercise this choice wisely and steadfastly.
- ❖ You do not build our self-esteem from comparing yourselves with others. You are an unique individual. Difference in ethnicity, personality or abilities is meant to be embraced and celebrated, not judged as good or bad.
- ❖ Remove any negative or self-defeating label that you have on yourself. You are not going to go very far in life if you see yourself as a loser or that you are not good enough.
- ❖ Focus on your strengths, while being aware of your limitations. Each time things go wrong (*and they will*), remind yourself that you learning to be a better and stronger person.

