People with Low Self Esteem
Let others influence them in negative ways, engage, in people pleasing, and approval seeking behaviors

To feel cooler, tougher and more confident, they may engage in unhealthy behaviors to try to gain recognition or escape their insecurities

Spend time and energy defending themselves or avoiding new challenges

People with Low Self Esteem
May use food, alcohol, tobacco, drugs or engaged in unhealthy behaviors as a way of temporarily relieving constant pain of not liking who they are

Teens with low self-esteem are likely jeopardize their or others health-likely to have sex early, get pregnant, drop out of school, engage in violent behavior, commit crimes or commit suicide

Low self-esteem often creates viscous self-fulfilling cycle: thinking they cannot do something so do not try

Skills for Improving Self-Esteem
• Assist others when appropriate
• Find something you enjoy doing, that gives you a feeling of success and make time for this activity
• Stop making life a contest—there will always be people more or less capable than you
• Aim for improvements—not perfection
• Build a network of supportive relationships
• Surround yourself with people who respect, approve, and accept you for who you are
• Accept mistakes and errors as learning tools rather than signs of failure
• Reject negative feedback from others
• Practice visualizing situation in which you are successful
• Whenever you look at your weakness, spend time considering your strengths

Skills for Improving Self-Esteem
• Give yourself credit for accomplishing or improvements no matter how small
• Practice basic health habits
• Stay in School
• Improve your mind-read a book, write a story
• Use your creative talents on a

• Assessing eating habits
  ▪ What drives us to eat?
  ▪ hunger
  ▪ Appetite