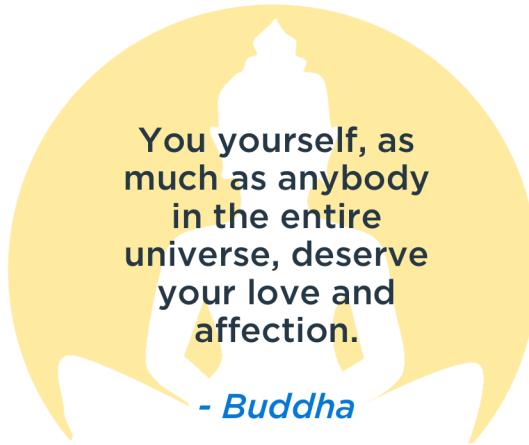


International Boost Self-Esteem Month

self-es·teem: confidence in one's own worth or abilities; self respect.

I matter I am kind
I deserve good things
I am beautiful I am loved
I can do anything
I bring peace I can make a difference
I am amazing I am brave
I am a fighter
I believe in me I love to love
I am good



You yourself, as much as anybody in the entire universe, deserve your love and affection.

- Buddha

10 ways to help build your self-esteem

1. Get to know yourself.
2. Replace self-deprecating thoughts.
3. Work on your flaws.
4. Stop comparing yourself to others.
5. Do things that build confidence.
6. Create affirmations.
7. Read self-help books.
8. Set goals for yourself.
9. Give yourself credit where it's due.
10. Talk to a professional.

What is the difference between Self-Esteem and Self-Acceptance?

SELF-ESTEEM

- SELF-EVALUATION
- COMPARISONS NEEDED
- CONTINGENT ON CIRCUMSTANCES
- FRAGILE
- MIXED EFFECTS ON WELL-BEING

SELF-ACCEPTANCE

- RELATING TO THE SELF
- NO COMPARISONS NEEDED
- CONTINGENT ON CIRCUMSTANCES
- SECURE
- POSITIVE EFFECTS ON WELL-BEING

85% OF THE WORLDS POPULATION IS THOUGHT TO BE AFFECTED BY LOW SELF ESTEEM











Did you know dark chocolate can help:

- Protect your nervous system!
- Boost your mood!
- Reduce blood pressure!
- Guard against some toxins!
- Lower insulin resistance!
- Reduce your risk of cardiovascular disease!



MONTHLY MENTAL HEALTH GOAL: _____

FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 WEEKLY AFFIRMATION: <i>I am important.</i>	2  National Self Renewal Day	3
4	5 Improve Mental Health https://www.talkspace.com/blog/4-ways-to-improve-mental-health-in-2024/	6  National Time to Talk Day	7 WEEKLY AFFIRMATION: <i>I am strong.</i>	8 Start Reading a New Book	9  National Chocolate Day	10
11	12 Start a Gratitude Journal	13  National Self-Love Day	14  HAPPY VALENTINE'S DAY	15 WEEKLY AFFIRMATION: <i>I am worthy.</i>	16  National No One Eats Alone Day	17
18	19 Heal From Abandonment https://www.talkspace.com/blog/how-to-heal-from-abandonment-issues/	20 WEEKLY AFFIRMATION: <i>I am smart.</i>	21 	22 Go on a Long Walk	23 How to Reconnect? https://www.talkspace.com/blog/coronavirus-reconnect-family-friends-safely/	24
National Eating Disorder Awareness Week						
25	26 Start working on a Puzzle	27 Social Anxiety Test https://www.talkspace.com/assessments/social-anxiety-test	28  National Pancake Day	29 WEEKLY AFFIRMATION: <i>I am courageous.</i>		

TO-DO LIST

