

# Wellness Wednesday

## Boost Your Self-Esteem Month

February is International “Boost Your Self Esteem Month” and boosting your self-esteem can help fight depression and anxiety and also improve your overall mental wellbeing.

**Self-esteem is a person’s overall sense of personal worth or value.**

It can be defined by many factors including identity, sense of belonging, self-confidence, security, and competence. When you have high self-esteem, you usually feel confident and positive. When it’s low, you can feel down in the dumps and self-critical. It can affect your actions, relationships, and even your health.

### Signs You Have Low Self-Esteem



You lack self-trust



You’re constantly comparing yourself to others



You engage in people-pleasing behavior



You feel little control over your life



You don't reinforce boundaries

### Steps on how to improve your Self-Esteem:

- Stop comparing yourself to others
- Stop belittling yourself
- Use positive self-affirmations to build your self-esteem
- Surround yourself with positive people, supportive people
- Focus on your positive qualities
- Pay attention to self-care.

**Having healthy self-esteem can help motivate you to reach your goals, because you are able to navigate life knowing that you are capable of accomplishing what you set your mind to.**



**For more information, contact:**

Lisa Prieto, PSY.D, Student Health & Wellness Counselor  
(559) 791-2329

PORTERVILLE COLLEGE, 100 E. College Ave., Porterville, CA 93257

**If you are an individual with a disability and need accommodations, please contact (559) 791-3663 or [pccounselingcenter@portervillecollege.edu](mailto:pccounselingcenter@portervillecollege.edu)**