



ACTIVITY:

Self Esteem bank account

Helping your self esteem stay in credit!

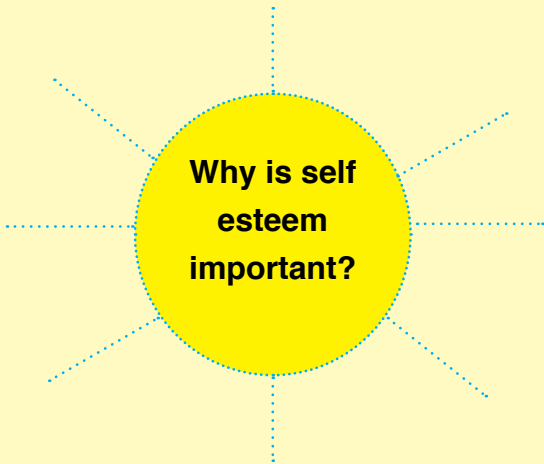
Self esteem is an important asset to help us achieve our goals in life. Having a positive sense of self improves our resilience and coping skills, and there are lots of times in our lives when we will have to lean on these to deal with situations. A positive self esteem provides a great foundation for coping with life's bumps.

Our self esteem is a bit like a bank account; too many withdrawals and no deposits to top it up can soon leave our balance looking unhealthy. This activity will help you explore why self esteem is important and what impacts it both negatively and positively. This can help you plan for shifts in the market and always stay in credit.

Discover

Visit the self esteem topic page at the youth website www.tuneinnotout.com/your-identity/self-esteem/.

Spend 15 mins exploring the content, there are factsheets, videos and real stories, and then fill out the brainstorm chart below.

A brainstorming chart consisting of a central yellow circle with the text 'Why is self esteem important?' inside. Eight dashed lines radiate outwards from the circle, forming a starburst shape. The entire chart is centered within a large yellow rectangular area that has a dashed blue border.

Why is self
esteem
important?



Self Esteem bank account

Adding to your OWN bank account

It's important to make deposits into your self esteem bank account to develop a healthy balance. Some of these investments might be:

- thinking, feeling and talking positive
- surrounding ourselves with peers, media and influences that positively impact our self esteem.

Write down 5 things you can try over the next week to top up your balance

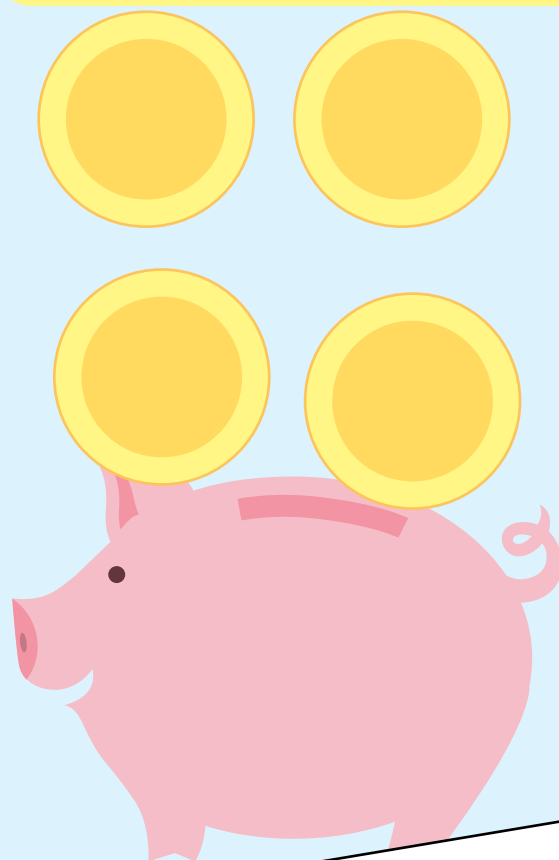
Adding to someone else's bank account

We can also help make donations to other people's self esteem bank balances (this can also help our own, as kindness is a double deposit!)

Write down 4 things you can do to boost someone else balance? Can you try and action some this week?



Oink.
Savings tip!
You need more deposits than withdrawals



Withdrawals from your bank account

There are also ways we think and behave, or influences that negatively impact on our self esteem for example:

- negative self talk
- peers, media and influences that negatively impact our self esteem (yes some things can be both a deposit and withdrawal, becoming aware of when a situation or influence starts to turn from positive to negative is a great tool to have.)

On the withdrawal slips note down 2 things you should be mindful of that empty your bank balance. Consider what you could do to stop these withdrawals or at least make them smaller.

Withdrawal

How can I minimise the withdrawal?

Withdrawal

How can I minimise the withdrawal?

Knowing what makes a deposit or withdrawal is a powerful tool in your wellbeing tool kit!



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