Dear Self, I love you!

We hear people talk about self-esteem all the time, but what exactly is it?

Self-Esteem is confidence in one’s own worth and abilities. Self-esteem is important because it impacts your decision making, relationships, emotional health and general well-being. Self-esteem can have influences on achievement, mental health and overall satisfaction.

Elements of self-esteem include: self-confidence, feelings of security, identity, sense of belonging, and feeling of competence. Characteristics of a healthy self-esteem include: an understanding of skills, ability to maintain healthy relationships with yourself and others, realistic personal expectations, and understanding and being able to express needs. Self-esteem is not static and can shift based on
successes or mishaps in different areas of life. The good thing is that there are things you can do to help improve and maintain positive self-esteem.

Sources: Very Well Mind, LinkedIn
Improving How You Feel About Yourself:

1. **List your strengths and weaknesses**
   Make a list of 5 strengths and 5 weaknesses. One or both of them may be a little difficult, so ask someone you trust to help. The strengths list can be a reminder of what you are good at, while the weaknesses list gives you an idea of areas to work on/improve.

2. **Celebrate your successes**
   Big or small, celebrate each and every one of your accomplishments. Sometimes when you don’t think you are good at something you might be less likely to do things you actually enjoy. When things do go right, because there are times they won't, focus on what went well instead of dwelling on what didn't.

3. **Improve what you can change and learn to accept what you cannot**
   There are some things that are just out of our control. Work on the things that you can control and change instead.

4. **Practice mindfulness**
   Mindfulness helps you stay connected with your mind and body. Being aware of your thoughts and feelings allows you to begin to trust that you know what you know what your mind and body needs. You can incorporate positive mantras into your daily routine.

5. **Replace negative self-talk with positive self-talk**
   Positive self-talk can help to improve self-esteem. Instead of saying “I am a failure” say “I can work on this.” Changing your thoughts can lead to positive outcomes thus improving how you feel about yourself.

6. **Set realistic expectations**
   Unrealistic expectations can lead to lower self-esteem if you set goals and fail to reach them. Goals should be SMART: specific, measurable, attainable, realistic and time sensitive. Don’t set yourself up for failure.

7. **Don’t judge**
   Resist the temptation to get down on yourself because of setbacks, failures, or flaws.

Resources: [Tracking Happiness](#)
Events in October

The Carver STEP team will be holding a series of wellness activities from Oct 3, 2022 to Oct 5, 2022 be on the lookout for the calendar of events.

6th Annual Million Man Meditation Event

JUST HEAL BRO
Resources

Hotlines:
- National Suicide and Crisis Lifeline, 24/7: Call or text 988
- Philadelphia Crisis Hotline, 24/7: 215-686-4420
- Crisis Text Line: text “TALK” to 741741
- Philly Hope Line, Mondays-Thursday 10am-8pm: 1-833-745-4673
- Trans Lifeline, 24/7: 877-565-8860
- Peptok, listen to inspiring messages by kids: 707-873-7862

Children’s Crisis Centers:
- Philadelphia Children’s Crisis Response Center
  3300 Henry Ave
  Falls Center 2, Suite 3N
  Philadelphia, Pa 19129
  215-878-2600
  Hours: 24 hours / 7 days per week

- Path Urgent Care Center
  1919 Cottman Ave
Philadelphia, PA 19111
215-728-4651
Hours: Monday-Friday, 11:00am-6:00pm

Other Resources:

Healthy Minds Philly
Community Behavioral Health: Homepage
Student Mental Health and Trauma Resources
FREE THERAPY

Sign Up Now!

It's a new school year and your child may be struggling to adjust. The Black Brain Campaign is here to help. Beginning, October 3rd we are offering 12 free therapy sessions. Parents must participate in treatment for children under the age of 12. Sign up now, www.TheBlackBrainCampaign.org

The Black Brain Campaign