



Achieving Self-Esteem

Catarina Leite

Portugal

February, 2012

Exercise

My self-esteem...


My number at this moment is....



Minimum



Maximum

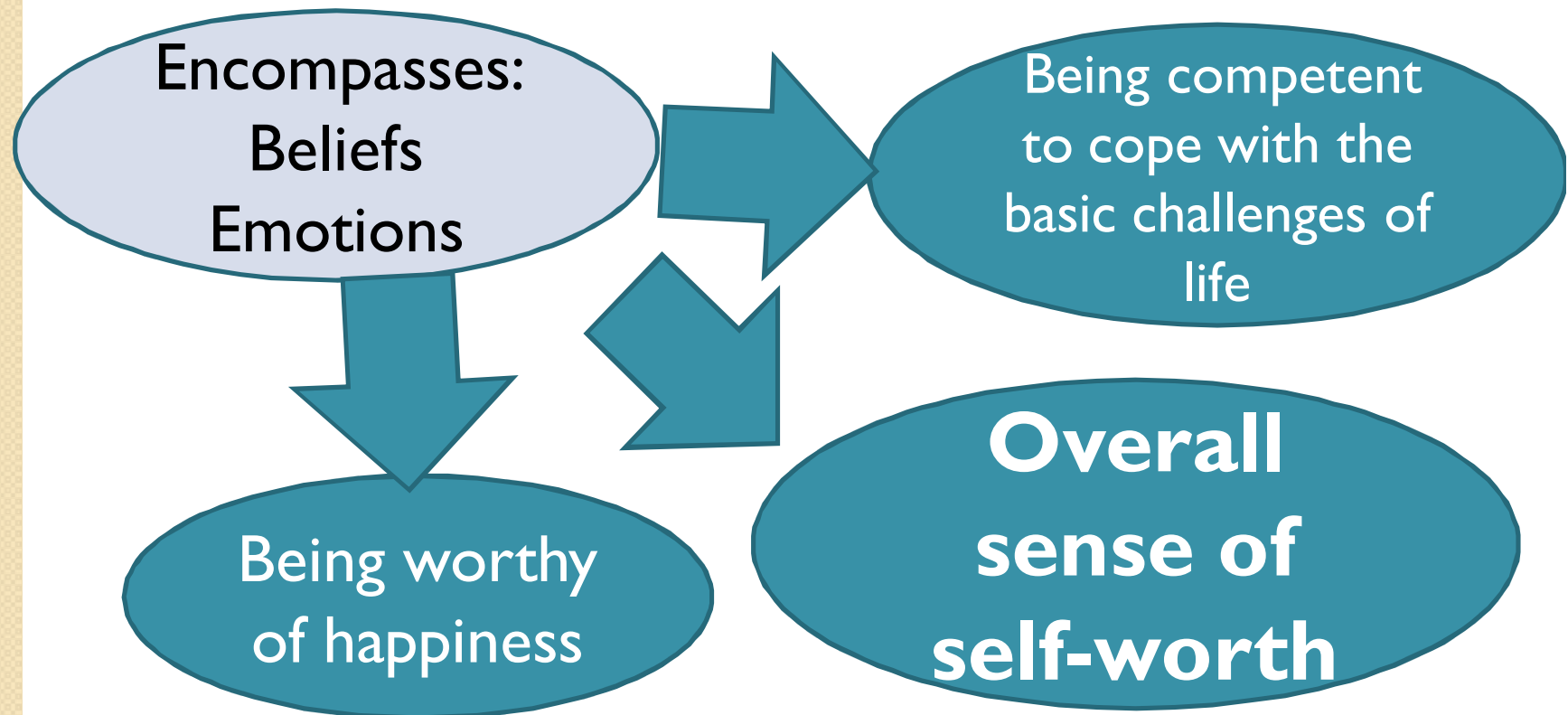


What kind of Information did you used to answer the question?

What was the origin of that information?

What is Self-Esteem?

how we evaluate Ourselves





To think about...

- How do you describe yourself?
- What words do you use?

Low Self-Esteem

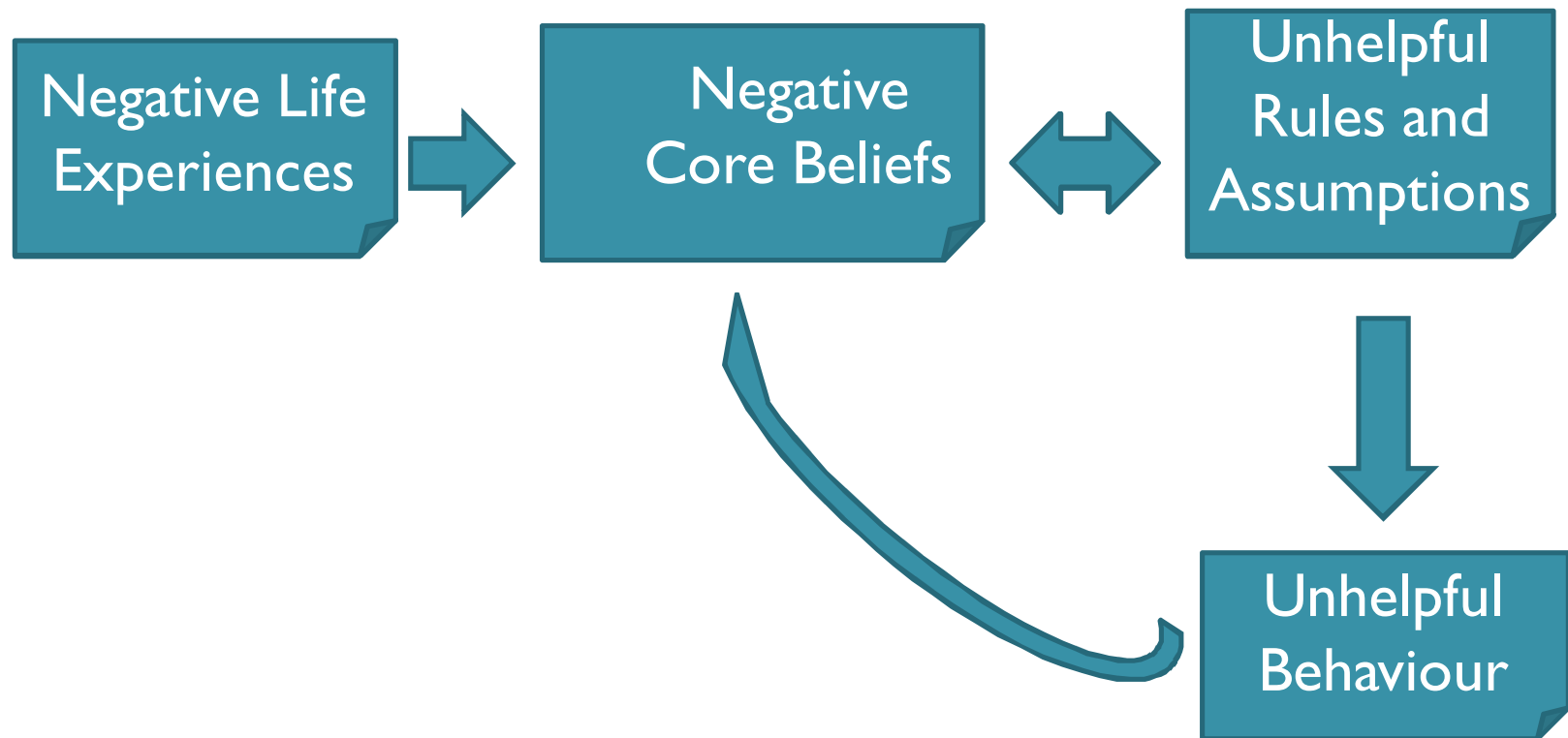
...is having a negative overall opinion of oneself, judging or evaluating oneself negatively, and placing a general negative value on oneself as a person.

- I am ugly.
- I'm not good enough.



Can have a negative impact on
our life

Model of low self-esteem



Unhelpful Behaviours

- I am not able to perform my job well because of my symptoms of scleroderma.
- I will be rejected.



Will affect how we behave



Will confirm our fears



What to do?

Challenge yours expectations!

- Remember that our thoughts and expectations are often opinions we have picked up or learned, rather than facts.
- They can be questioned, and should not be something we just blindly accept if they are causing us distress.



Accepting ourselves

- Think about
 - positive qualities,
 - positive outcomes or
 - positive comments from others
- Stop thinking about what we are not able to do and start thinking about what we are capable of.
 - For example: Instead of thinking "Sometimes the symptoms of scleroderma interfere in my work" start thinking: "Despite having scleroderma, I am able to work."



Focus on your positive qualities

- What do I like about who I am?
- What characteristics do I have that are positive?
- What are some skills or talents that I have?
- What do others say they like about me?
- What are some attributes I like in others that I also have?
- If someone shared my identical characteristics, what would I admire in them?



What makes me special?



Healthy Self-Esteem

- To **know** ourselves
- Identify **skills**
- **Learn** from experience
- Treats ourselves well, with **love** and **care**
- Believe that we are **special** and deserve to be **happy**
- Believe that we are able to be **happy**
- Every day do something that is **pleasant!**
- Learn to appreciate physical appearance
 - Scleroderma causes changes in body image!
 - **Stop** thinking about appearance before the disease!
 - Look at ourselves in the mirror and appreciate how special we still are.



**What Matters Most
Is How You See Yourself**



How to deal with “the others”

Sometimes others behaviors hurts, BUT

Isolation is not a solution!!!

If we can't change others, we have to choose others

- 57% reported “Preoccupation with parts of the body considered not attractive”
- 34% reported “Avoidance of things due to the disfigurement by scleroderma”

◦ (Leite & Maia, 2011)



...

- Think openly and critically about feedback from others


But don't forget that What we think about ourselves is up to us!

- “When I go to a public place people stop and stare looking at me”



So What???

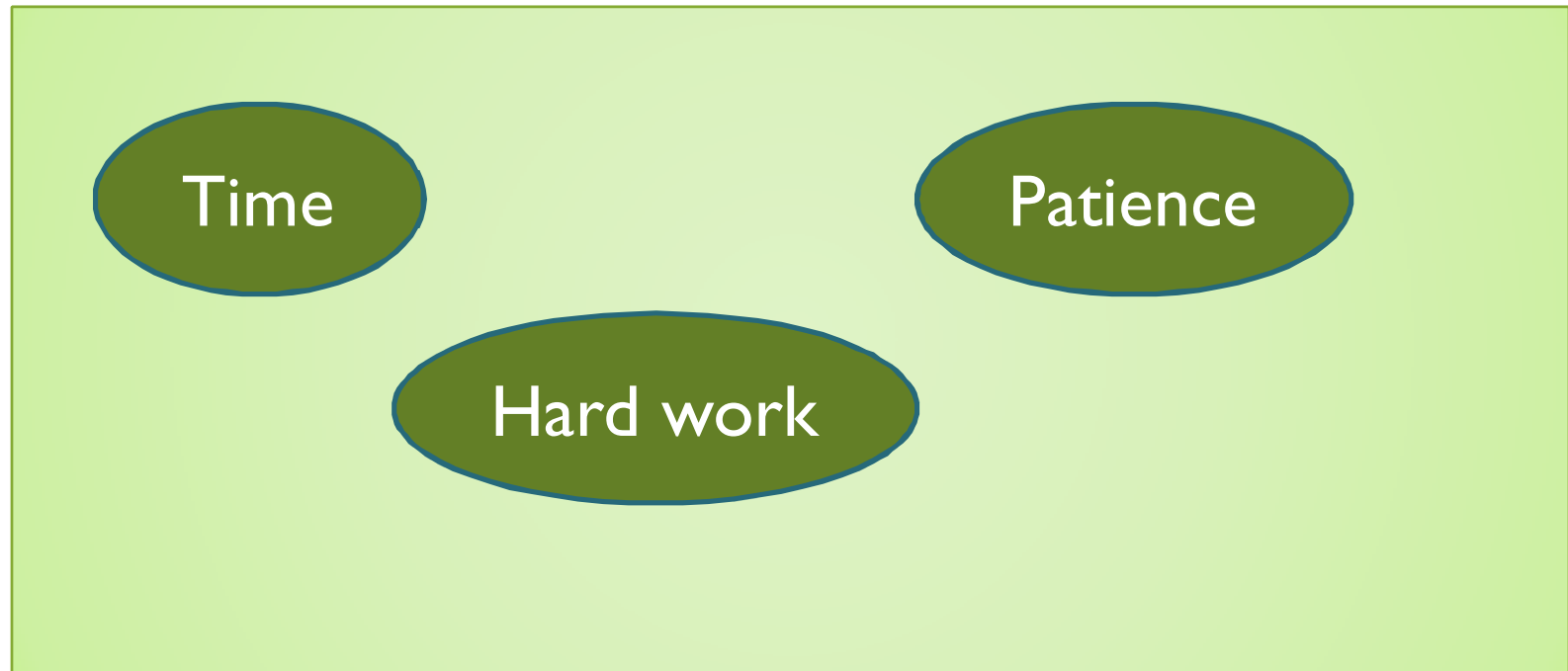
- It's a fact that we are different....
- People can look for a 1000 reasons!

- 
- All persons have people around that is no helpful and can't deal with the disease
 - Choose people who care and support for who we are



**Its possible to increase
Social Support**

Achieving Self-Esteem takes...

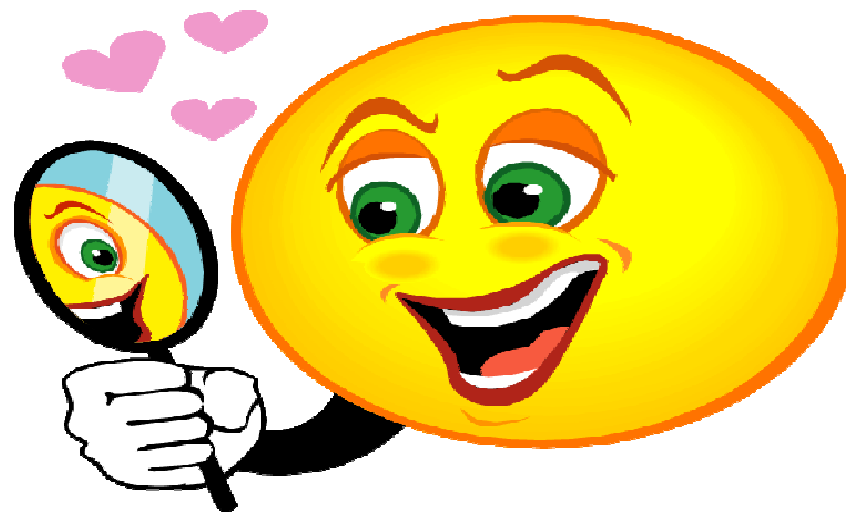


... but it can be done!!

References

- Baumeister, R. (2005). *Rethinking self-esteem: why nonprofits should stop pushing self-esteem and start endorsing self-control*. CA: Stanford Social Innovation Review.
- Heinberg, L. H., Kudel, I., White, B., Kwan, A., Medley, K., ... Haythornthwaite, J. (2007). Assessing body image in patients with systemic sclerosis (scleroderma): validation of the adapted satisfaction with appearance scale. *Body Image*: 4; 78-86.
- Leite, C. (2011). *Psychosocial Characterization, Symptoms and Illness Perception in Scleroderma Patients: an international study*. Dissertação de Mestrado em Psicologia da Saúde. Escola de Psicologia, Universidade do Minho, Braga.
- Lim, L., Saulsman, L., & Nathan, P. (2005). *Self-Esteem Improving*. Centre of Clinical Interventions. Retrived from: <http://www.cci.health.wa.gov.au/docs/ACF6A1.pdf>

- Thank you!!



catarinaleite@portugalmail.pt