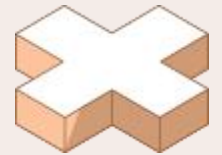
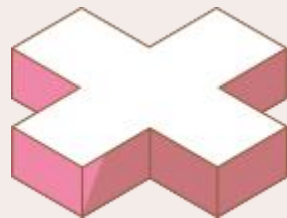
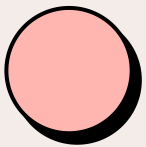


SELF-ESTEEM & INTERPERSONAL RELATIONSHIP



group 4: CHAPTER 4-A



WHAT IS SELF-ESTEEM

- Self-esteem refers to a person's overall sense of his or her value or worth. It can be considered a sort of measure of how much a person "values, approves of, appreciates, prizes, or likes him or herself" (Adler & Stewart, 2004).
- According to self-esteem expert Morris Rosenberg, self-esteem is quite simply one's attitude toward oneself (1965). He described it as a "favourable or unfavourable attitude toward the self"



I matter



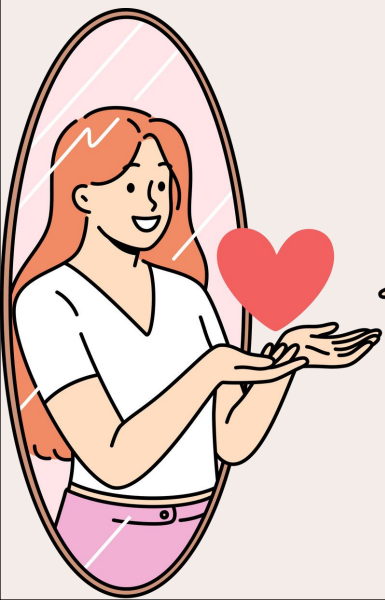
INTERPERSONAL RELATIONSHIP

- A strong bond between two or more people refers to interpersonal relationship. Attraction between individuals brings them close to each other and eventually results in a strong interpersonal relationship.
- Develops and maintains effective relationships with others; relates well to people from varied backgrounds and in different situations; shows understanding, courtesy, tact, empathy, concern, and politeness.





DIFFERENCE BETWEEN LOW SELF-ESTEEM AND HIGH SELF-ESTEEM

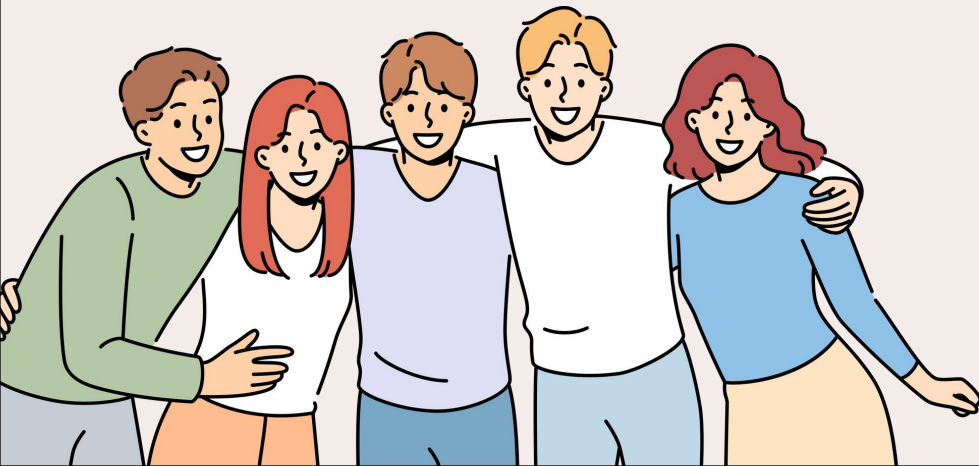


It matters

HIGH SELF-ESTEEM



- Having high self-esteem means you have confidence in yourself and understand that you contribute positively to the world. You acknowledge that while you may have some flaws, your many strengths define who you are. You tend to view your circumstances as “half full.”



Self Esteem can be classified as HIGH SELF-ESTEEM and LOW SELF-ESTEEM

HIGH SELF-ESTEEM

LOW SELF-ESTEEM

1. Worthy of living
2. Self confident
3. Accept themselves unconditionally
4. Seek continuous self-improvement
5. Have peace with in themselves
6. Enjoy good interpersonal relationship
7. Tolerate frustrations well
8. Assertive
9. Willing to take calculated risks
10. Self directed

1. Poor risk taker
2. Afraid of competitions or challenges
3. Non-Assertive
4. Lack initiative
5. Shyness
6. Lack self-acceptance
7. Blame others for their short comings
8. Low aspiration
9. Indifferent to needs of others
10. Indecisive



ADVANTAGES OF HIGH SELF-ESTEEM



BEING AUTHENTICALLY YOURSELF

A person with high self-esteem is comfortable in their skin and knows they don't need to change themselves in order to fit in.

.HAVING GOOD COMMUNICATION SKILLS

When you feel confident about yourself, you're more likely to express your thoughts clearly and listen to others well.

THE ABILITY TO FORM GOOD, HEALTHY RELATIONSHIPS

High self-esteem helps you respect yourself and others, leading to stronger and more positive connections with people.

ADVANTAGES OF HIGH SELF-ESTEEM

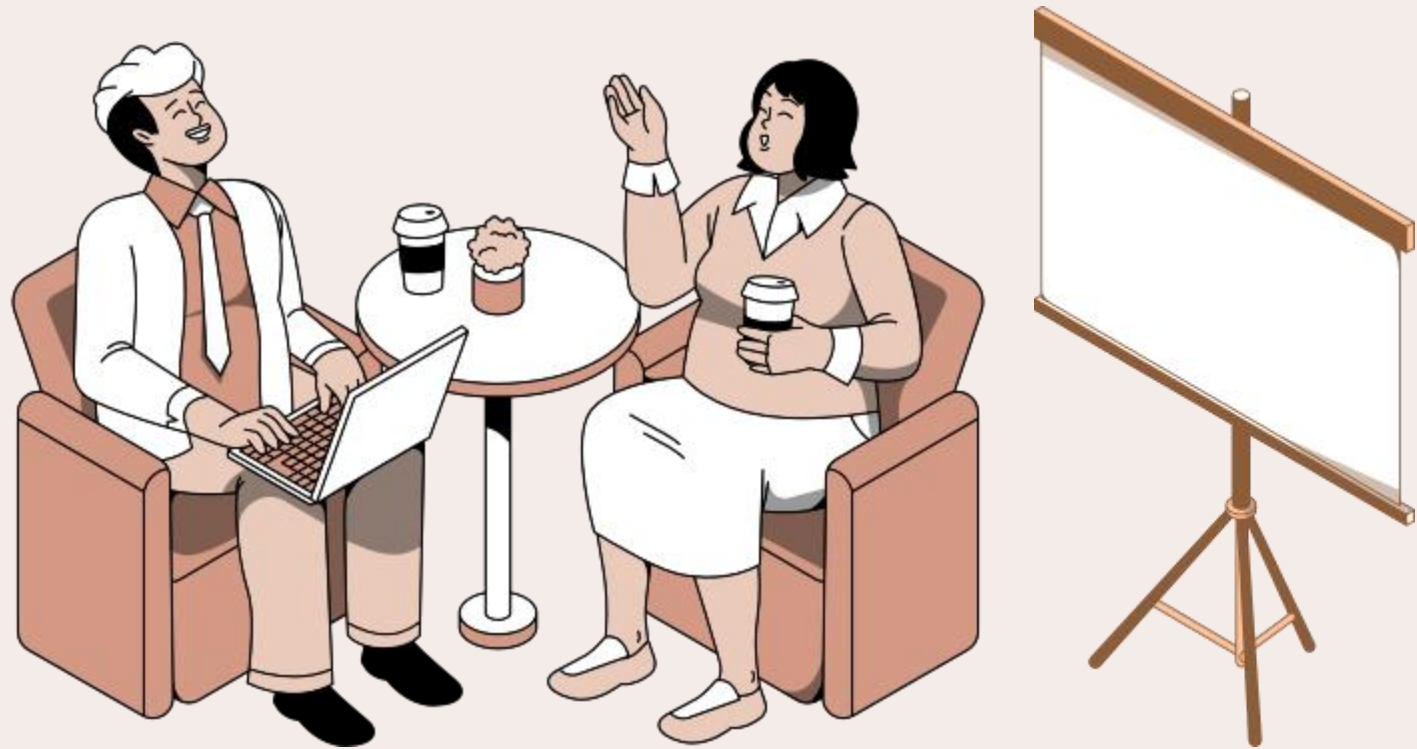


EMBRACING NEW CHALLENGES

With high self-esteem, you believe in your abilities, so you're more willing to try new things without fear of failure.

GOOD MENTAL HEALTH

Believing in yourself helps reduce stress and anxiety, leading to a more stable and positive mindset.



HOW TO INCREASE SELF-ESTEEM

Positive

do it for you

I am Limitless

BE KIND TO YOURSELF

- Get to know yourself.
- Try to challenge unkind thoughts about yourself
- Say positive things to yourself.
 - Practice saying no.
- Try to avoid comparing yourself to others.
- Do something nice for yourself.

TRY TO RECOGNIZE POSITIVES:

- Celebrate your successes.
- Accept compliments.
- Ask people what they like about you
- Write a list of things you like about yourself



TAKE AS MANY DEEP BREATHS AS YOU NEED

Positive

do it for you

I am Limitless

BUILD A SUPPORT NETWORK:

- Talk to someone you trust.
- Focus on positive relationships.
- Try peer support

SET YOURSELF A CHALLENGE:

- Try volunteering.
- Set small goals.
- Learn something new.



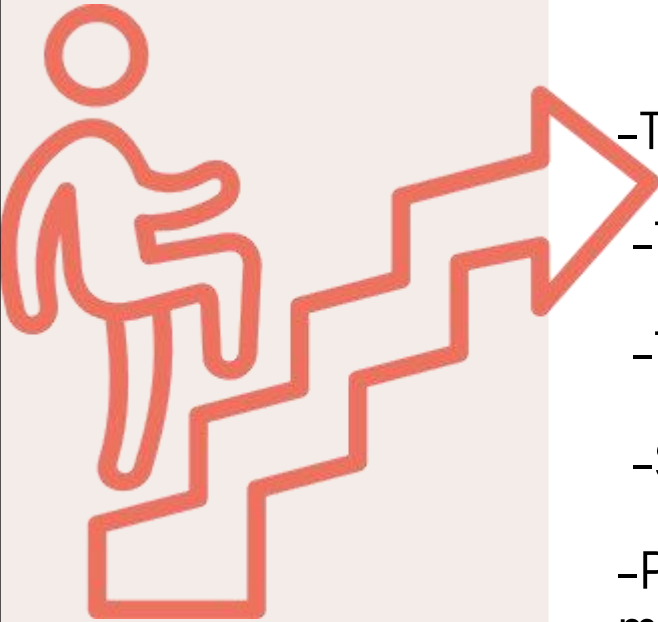
**TAKE AS MANY
DEEP BREATHS
AS YOU NEED**

Positive

LOOK AFTER YOURSELF:

- Try to get enough sleep.
- Think about your diet.
- Try to do some physical activity.
- Spend time outside.
- Practice mindfulness and meditation.
- Try to avoid recreational drugs and alcohol.

I am Limitless



TAKE AS MANY
DEEP BREATHS
AS YOU NEED

BRING OUT 1/4 PAPER



**WE'RE HAVING A
QUIZ MATE, I
HOPE YOU
LISTEN.**

THANK YOU

