

For clarification on low self esteem. Watch this video

https://youtu.be/BKf_CX6OLLS?si=StgNDP6DFBDsdyKC

For more clarification WATC this video also

https://youtu.be/-A7HaGjn_zY?si=so63sUKcEd7LAQjh

Hey there! Let's talk about something important — low self-esteem.

It's more than just a bad day or a passing thought. It's a deep-rooted feeling of "I'm not enough." 😞

🧠 What is Low Self-Esteem?

Low self-esteem means constantly doubting yourself, feeling unworthy, and seeing yourself in a negative light.

You might think:

🧑 "I'm not good at anything."


😞 "Others are better than me."

🙇 "Why even try? I'll fail."


These thoughts aren't facts — they're mental habits. But the good news? Habits can change. 💪

Why Does Low Self-Esteem Happen?

Let's break it down:

 Childhood criticism or neglect

 Social media comparisons

 Perfectionism — always feeling not enough

 Negative self-talk

 Past failures or trauma


Over time, these experiences can program your brain to believe you're "less than." But science says we can rewire that.


What Happens in the Brain?


When low self-esteem builds up over time, your brain changes how it functions.


Let me introduce you to 3 key brain areas:


 Prefrontal Cortex — Your wise thinker. It helps you make rational decisions.

 In low self-esteem, this part weakens. You can't see your strengths clearly.

 Amygdala — Your alarm system. It reacts to emotional threats.

 It becomes overactive — even small criticism feels like danger.

 Hippocampus — Your memory center.

 It stores negative feedback strongly, and positive moments fade quickly.

 Brain Chemistry?

Cortisol (stress hormone) increases 

Dopamine and serotonin (feel-good chemicals) decrease 

This imbalance keeps your mood low and confidence down.

😞 How Does It Affect Daily Life?

It touches everything:

💬 Harsh self-talk: “I can’t do this.”

🚫 Avoiding challenges or speaking up

💔 Relationship issues — either clingy or distant

😞 Overthinking every mistake

😞 Feeling like a failure even when you're doing okay

🎯 Can’t make decisions confidently

Low self-esteem limits who you are and what you can become. But you can break that cycle. Let’s see how!


🔧 Tools to Rebuild Self-Esteem (With Science!)

1. Positive Affirmations

Say kind things to yourself daily:

“I am enough.”

“I’m growing every day.”

 Say them out loud or write them — your brain believes what it hears repeatedly.


 Science: Strengthens the prefrontal cortex and rewires negative thought loops.

Practice positive affirmations with these tools


<https://play.google.com/store/apps/details?id=com.northstar.gratitude>


2. Self-Compassion Journaling

Write 3 things daily:

 Something you did well

 A moment you were kind to yourself

 Something you forgive yourself for

 Science: Trains hippocampus to store positive self-worth memories.

3. Mindfulness Meditation

Breathe deeply, stay in the present. Notice thoughts — don't fight them.

🧠 Science: Calms the amygdala and strengthens emotional regulation in the brain

Practice your meditation with this tool

<https://play.google.com/store/apps/details?id=org.heartfulness.heartintune.prod>

4. 🧑 Do Hard Things on Purpose

Challenge yourself — give that presentation, apply for the job, say what you feel.

🧠 Science: Each small win triggers dopamine, which tells the brain: “See? I CAN do this!”

5. 👥 Surround Yourself with Encouraging People

Talk to those who uplift you. Set boundaries with constant critics.

🧠 Science: Positive social interaction increases oxytocin — a brain chemical that supports trust and self-worth.

6. 🎯 Set & Achieve Small Goals

Start simple:

- ✅ Finish a book
- ✅ Walk 5,000 steps
- ✅ Cook a meal

🧠 Science: Success builds confidence pathways in the brain. More dopamine = more drive.

🌱 What Happens When You Start Practicing?


🧠 Your brain physically rewires (neuroplasticity!)


🚫 Amygdala calms


✅ Prefrontal cortex strengthens


💾 Hippocampus stores positive emotional memories


Emotionally, you'll feel:

 More confident

 More deserving of love

 Calmer and more stable

 Ready to speak up, try more, and fear less


Your inner voice changes from “I can’t” to “I can.” 

And THAT’S how true transformation begins.

 Remember, building self-esteem is not a race — it’s a practice.

One kind thought.

One brave action.

One small goal at a time. 

And your Dag2ILL buddy is right here cheering for you.  