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

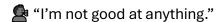
Hey there! Let's talk about something important — low self-esteem.

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:



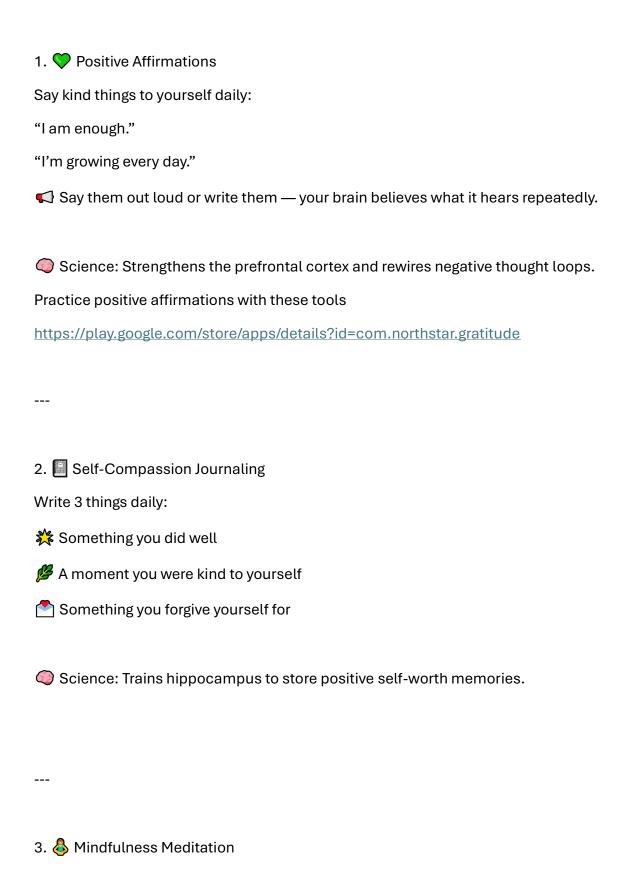
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2 "Why even try? I'll fail."

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

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| Why Does Low Self-Esteem Happen? |
| Let's break it down: |
| Childhood criticism or neglect |
| Social media comparisons |
| SPerfectionism — always feeling not enough |
| Pur 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. |
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| When low self-esteem builds up over time, your brain changes how it functions. |
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| 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. |
| [7] It becomes overactive — even small criticism feels like danger. |
| Hippocampus — Your memory center. |
| It stores negative feedback strongly, and positive moments fade quickly. |
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| Brain Chemistry? |
| Cortisol (stress hormone) increases 📈 |
| Dopamine and serotonin (feel-good chemicals) decrease |
| This imbalance keeps your mood low and confidence down. |
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| Breathe deeply, stay in the present. Notice thoughts — don't fight them. |
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| 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 |
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| 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!" |
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| 5. 🆀 Surround Yourself with Encouraging People |
| Talk to those who uplift you. Set boundaries with constant critics. |
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| Science: Positive social interaction increases oxytocin — a brain chemical that supports trust and self-worth. |
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| 6. Set & Achieve Small Goals |
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| Start simple: |
| ✓ Finish a book |
| ✓ Walk 5,000 steps |
| ✓ Cook a meal |
| Science: Success builds confidence pathways in the brain. More dopamine = more drive. |
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| 27 May 11 May 12 May |
| > What Happens When You Start Practicing? |
| Your brain physically rewires (neuroplasticity!) |
| (a) Amygdala calms |
| ✓ Prefrontal cortex strengthens |
| Hippocampus stores positive emotional memories |
| Emotionally, you'll feel: |

