

As a woman you must have experienced that you are expected to be humble, to put your needs after that of other people, to learn to say “yes” all the time to others’ requests, to please everyone so as to feel valued and to seek constant approval.

This is a hard pattern to break. However, now that you have started your journey as an ASHA you need to first identify your own needs in order to be able to understand and appreciate the needs of others.

Let Us Understand the Meaning of Self-Esteem

Self-esteem refers to the perception that you have about yourself. It is about how much you value yourself and how important you think you are.

- It is about being confident about and satisfied with your own self.
- It is about a reasonable sense of your self-worth.
- It is about having faith in yourself and your abilities.
- It is about being pleased with yourself and with your achievements.

Remember, it is NOT about

- Convincing yourself that you are of value
- Feeling confident or feeling good when other people praise you
- Having beautiful features

Let us examine the characteristics of a person with healthy self-esteem:

- Self-confidence
- Ability to express true feelings
- Ability to recognise and value own accomplishments
- Ability to forgive self and others
- Ability to welcome change

If you do not take care of yourself, respect who you are and respect your own needs, you will not be able to take care of others and respect their needs.

Give some time to know yourself. There is a need to go through the process of self-realisation. It will help you to build up a healthy self-esteem.

Maintain a diary about your dealing with others and yourself during the day.

The process of understanding the self and self-realisation is continuous and one needs to do it systematically.