

It's another well-being Wednesday focus and today I'm sharing an article around self-esteem and its impact on our mental health, sense of identity and how it can shape our view of life.

There is a difference between self-esteem, self-worth, and self-confidence. They are similar but also slightly different.

Self-confidence is more about trusting in your own abilities. Self-esteem is more to do with our sense of self and how we feel about ourselves. Self-worth is deeper than all those things, knowing that we have value inherently, outside of our abilities and sense of self!

An excerpt of the article I'm sharing today quotes:

"Self-esteem represents the foundation that supports the relationship you have with yourself. It carries over into every aspect of life."

<https://www-psychologytoday-com.cdn.ampproject.org/c/s/www.psychologytoday.com/us/blog/click-here-happiness/202202/6-ways-build-self-esteem?amp>

I hope you will have a read as it's very interesting and insightful. Self-reflection is an important part of well-being and mental health and is active not passive. It requires your "whole self". 😊

So, start your day with some positive self-affirmations:

- * I will be present in every moment
- * I am smart
- * I am kind
- * I am brave
- * I am confident
- * I can accomplish all I need to do
- * Today is a great day!

“

A healthy self-esteem allows us to have a positive outlook on life, to experience joy, and to go with life's ebbs and flows a little easier.

-Wild Simple Joy

I grow and
become a
better version
of myself
every day!



#mentalhealthmatters #Reflection #selfesteem
#wellbeingweds #only1you #acceptance #authenticself #teamfen