



COUNSELING CENTER NEWSLETTER

Moravian College Counseling Center Monthly Newsletter



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Upcoming Events:

Drop-in South Campus Hours

Thursdays, 3pm-4pm, Student Life Office
(The Hill Room 121)

15 minute solution-focused discussion
with a counselor. First come, first serve.

Stress Less Afternoons

Thursdays, 4pm-4:30pm, Counseling
Center

Each week there is a new de-stressing
activity and/or exercise.

Reflective Dialogues

Fridays, 1:30pm-2:30pm, Sally Room 302

This is a student-led facilitated discussion.

Topics will vary each week.

SELF-ESTEEM 101: WHAT IS IT & WHY IT IS SO IMPORTANT

What is self-esteem?

- Self-esteem is your overall opinion of yourself-how you feel about your abilities and limitations.
- It begins to form in childhood (usually around age 3) and grows and fluctuates throughout adulthood and into old age.
- Self-esteem is influenced by evolution, childhood, rejection, social group stability, and most importantly, beliefs (see next section).

Why is self-esteem so important?

- Self-esteem affects almost every aspect of our life, it affects how we think, feel, and act.
- Self-esteem influences academic and professional success as well as success and satisfaction in relationships and social interactions.
- Mental health issues can arise when self-esteem is either too high (narcissism, anger management issues) or too low (depression, anxiety, addiction).

IMPROVING SELF-ESTEEM

Improving self-esteem is no easy task. External changes are often the first step taken, but even after, say for example losing the weight or getting into a relationship, low self-esteem remains present. This is why changes need to be made internally.

Research indicates internal dialogue is perhaps the most important tool to improving self-esteem.

Your internal dialogue commentates everything around you and has the potential to bring you down or lift you up. Negative internal dialogue is often filled with irrational beliefs that are self-destructive. Studies have shown that getting rid of these irrational beliefs that are negative and self-destructive and replacing them with more realistic beliefs that are positive and encouraging, can help improve overall self-esteem.

3 Ways to Change Your Inner Dialogue and Improve Self-Esteem

Replace:

"I have to" with "I want to"

"I have to" turns everything into a burden. We may not enjoy it, but we choose to do it for a reason.

For example:

- "I have to go to class" with "I want to go to class because grades are important to me."
- "I have to do the laundry" with "I want clean underwear!"

"I can't" with "I will"

"I can't" means your submitting to defeat. Consider a more supportive and action-oriented thought. For example:

- "I can't do math" with "I will get help from a tutor."
- "I can't socialize with people" with "I will smile and say "hi" to five people today."

"I should" with "I choose"

"I should" implies you are lacking or failing in some way. Focus on what feels good that you are doing. For example:

- "I should go to bed" with "I choose to stay up for 20 more minutes because I am enjoying my friends' company."
- "I should be more involved on campus" with "I choose to not over commit myself and allow myself more free time."



Stay tuned for the Counseling Center's annual **Self-Esteem Video**. Better yet, if you see us recording around campus, come participate and tell us what you like about yourself!!

URL Sign up for the
Stress Management Group:
<https://forms.gle/HUqee95N3zQwjJPb8>

Contact us at:

610-861-1510

counselingcenter@moravian.edu

1307 Main Street

Visit us at:

moravian.edu/counseling

