



“We can't hate ourselves into a version of ourselves we can love.” ~Lori Deschene

Don't you just hate it when you're having a good day, and suddenly a thought creeps in out of nowhere, **“You could be better. How can you be happy with what you are? Look at Raju/Pinky, they seem to have it together.”** and your entire day is ruined? Such thoughts are not at all pleasant and can have adverse effect on both our personal and professional lives. So how can we overcome them? Here's how -



1. Limit social media usage

While scrolling through your social media feed, do you feel that nagging feeling that others are living a much better life than yours? It's not your fault. In a survey conducted in 2017, 60% of respondents reported that using social media impacted their self-esteem in a negative way. Studies have consistently shown that excessive use of social media is highly detrimental to one's mental health, causing a rise in levels of depression, anxiety,

loneliness & envy.

It's important to stay connected, but do cut down the amount of time you spend on it.



2. Mindfulness

Mindfulness is the process of purposely, paying attention in a particular way, in the present moment, without judgment. A study conducted in 2013 found that mindfulness has direct beneficial effects on self-esteem. It found that Individuals who practiced mindfulness also had significantly higher self-esteem and life satisfaction.

So whenever any self-doubt starts creeping in, take a break, and practice some mindfulness exercise. Need some guidance on which exercise to practice? Our Experts can help you with that.



3. Practice Self-affirmations

Studies have proven that positive statements improve one's confidence and creative problem-solving, and reduce stress, among other things. Practicing self-affirmation is quite simple. You just need to say positive things about yourself or situations that make you feel uncertain.

For eg., Stand in front of your mirror and tell yourself, "I am fully confident in my abilities and no one cares about this more than I do." Just keep repeating it until you believe it and

you will feel your self-esteem rising automatically.



4. Practice self-compassion

Self-compassion is literally the process of being kind to ourselves. In one study researchers discovered that subjects spent more time preparing for a difficult task following an initial failure when they practiced self-compassion. Multiple studies have proven that self-compassion is a sure-shot way of feeling better about yourself.

So the next time you're caught in a cycle of harsh self-criticism, focus on being kind, and forgiving yourself eg. When you made some mistake in a task, replace "I always screw up. How could I make this mistake?" with "It's ok. I made this mistake. I'm only human. Next time, I'll make sure that I don't repeat it"



5. Talk it out

Several studies have shown the beneficial effects of talk therapy, particularly cognitive behavioural therapy in boosting self-esteem.

So if your self-worth has taken a hit, come speak with our Experts. Over a few sessions, you will yourself feel a significant positive difference in your self-esteem.

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PS. Please write to campus@yourdost.com if you face any issues

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Team YourDOST**
