Community Education Series

The Recovery Village and Advanced Recovery Systems



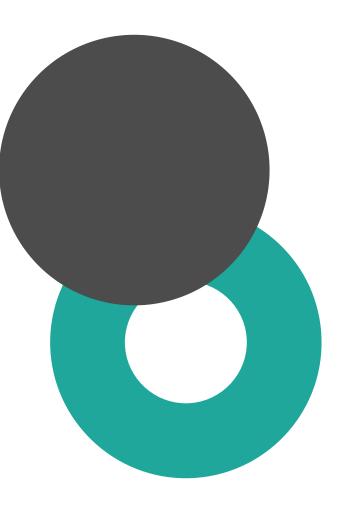
an advanced approach to patient care



Presentation Topic: Self-Esteem Workshop for Teens

Speaker: Natasha D'Arcangelo, LMHC, NCC, CCTP







About the Speaker: Natasha D'Arcangelo LMHC, NCC, CCTP



• Natasha is a Licensed Mental Health Counselor (LMHC), a Nationally Certified Counselor (NCC) and a Certified Clinical Trauma Professional (CCTP). She works with children, adolescents and adults in private practice in Orlando, Fl. She has presented on the topic of mental health, carrying the message that it is normal to seek help and speak with a therapist. She is especially passionate about working with clients who are struggling with trauma, grief, depression and anxiety.

Self-Esteem Workshop for Teens Agenda

Definition of Self-Esteem and Why It's Important
Factors That Influence Self-Esteem
Understanding Your Current Level of Self-Esteem
How Do Others View Their Self-Esteem?
Activities for Building Your Self-Esteem



What Is Self-Esteem?

• In <u>psychology</u>, the term self-esteem is used to describe a person's overall sense of self-worth or personal value. In other words, how much you appreciate and like yourself. It involves a variety of beliefs about yourself, such as how you judge your own appearance, beliefs, emotions, and behaviors.

Why Is Self-Esteem Important?

- Self-esteem can play a significant role in your motivation and success throughout your life. Low self-esteem may hold you back from succeeding at school or work because you don't believe yourself to be capable of success.
- By contrast, having a healthy self-esteem can help you achieve because you navigate life with a positive, assertive attitude and believe you can accomplish your goals.

What Influences Self-Esteem?

- There are many factors that influence self-esteem. Your inner thinking, age, any potential illnesses, disabilities, or physical limitations, and your job can affect your self-esteem. Additionally, genetic factors that help shape a person's personality can play a role, but it is often our experiences that form the basis for overall self-esteem. Those who consistently receive overly critical or negative assessments from family and friends, for example, will likely experience low self-esteem.

Signs of Healthy Self-Esteem:

- You avoid dwelling on past, negative experiences
- You express your needs
- You feel confident
- You have a positive outlook on life
- You say "no" when you want to
- You see overall strengths and weaknesses and accept them

Signs of Low Self-Esteem:

- You believe that others are better than you
- You find it difficult expressing your needs
- You focus on your weaknesses
- You frequently experience feelings such as shame, depression, or anxiety
- You have a negative outlook on life
- You have an intense fear of failure
- You have trouble accepting positive feedback
- You have trouble saying "no"
- You put other people's needs before your own
- You struggle with confidence

Are Things Getting Worse (Burnout)?

- Easily frustrated
- Lacking feelings, indifferent
- Blaming of others, irritability
- Sadness, depression, or apathy
- Isolation or disconnection from others
- Tired, exhausted or overwhelmed
- Poor self-care (hygiene)
- Feeling like:
 - A failure
 - $\circ\,$ Nothing you can do will help
 - You are not doing your job well
 - \circ You need alcohol/other drugs to cope

Am I the Only One that Feels This Way?

<u>https://www.youtube.com/watch?v=Mx-xg8dsvKQ</u>

<u>https://www.youtube.com/watch?v=XpaOjMXyJGk</u>

Trees By: Ram Dass

"When you go out into the woods and you look at trees, you see all these different trees.

And some of them are bent, and some of them are straight, and some of them are evergreens, and some of them are whatever.

And you look at the tree and you allow it. You appreciate it. You see why it is the way it is.

You sort of understand that it didn't get enough light, and so it turned that way.

And you don't get all emotional about it. You just allow it. You appreciate the tree.

The minute you get near humans, you lose all that. And you are constantly saying 'You're too this, or I'm too this.'

That judging mind comes in. And so I practice turning people into trees.

Which means appreciating them just the way they are."

What Can I Do to Improve My Self-Esteem?

- Character Strengths Survey
- How Do You Talk to Your Friends?
- Make a Mask
- Timeline of Your Life
- Puzzle Pieces
- Positive Affirmations

Character Strengths Survey

www.viacharacter.org

Youth Survey for Ages 10-17 24 Different Strengths:

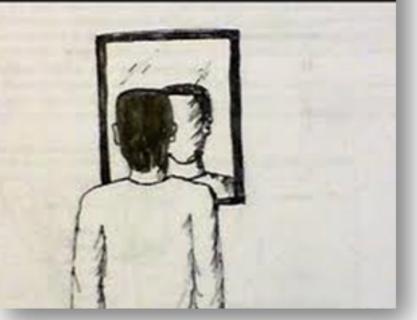
Appreciation of Beauty & Excellence Kindness Bravery Leadership Creativity Love Curiosity Zest

Fairness Perseverance Forgiveness Perspective Gratitude Prudence Honesty **Self-Control**

Love of Learning Hope **Sense of Meaning** Humility **Social Intelligence** Humor Teamwork Judgment

How Do You Talk to Your Friends? Yourself? What do you see?

- What was the last compliment that you gave your best friend?
- What did you say to yourself the last time that you looked in the mirror?
- Would you say that out loud to your friends face?
- If it is not something that you would say out loud to one of your friends, it is not something you should be saying to yourself.

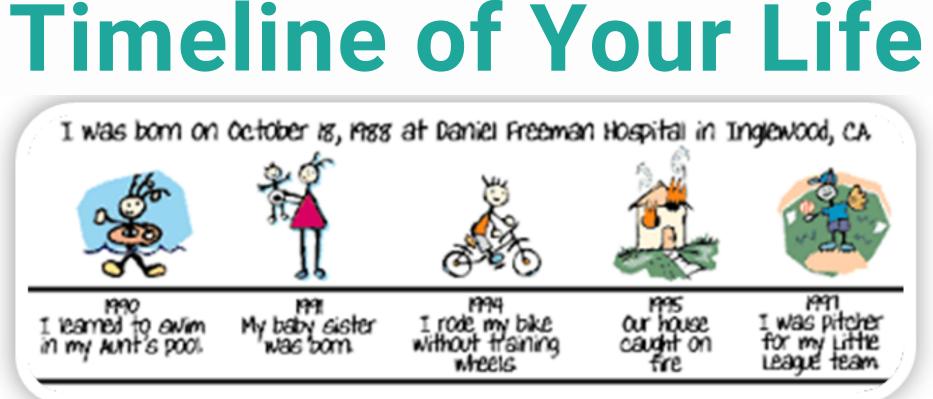


How Do You Present Yourself to the World?

- Draw a face on one side of a piece of paper.
- Write down all of the things that you show the world on one side.
- Now flip the paper over and write down all of the things that are going on inside.
- Does your presentation on the outside match what is going on inside?
- The goal is to live authentically-what is one thing you can do to live in your truth?

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- Draw a timeline that reflects your life.
- Write down major events in your life-starting school, learning how to ride a bike, being in a school play, etc.
- Think about the things that you have survived-moving, peer pressure, your parents divorce, school switching over to online, etc.
- Being able to survive all these things makes you incredibly strong. You have made it through 100% of your worst days-be proud!

Puzzle Pieces

- Use a blank piece of paper to create an image of a jigsaw puzzle with a bunch of pieces.
- In each puzzle piece, write down a piece of your identity.
- Examples can include things like sister, student, boyfriend, artist, actor, etc.
- Which one of your puzzle pieces is the most important one?
- Who has a puzzle that looks exactly like yours?



Positive Affirmations

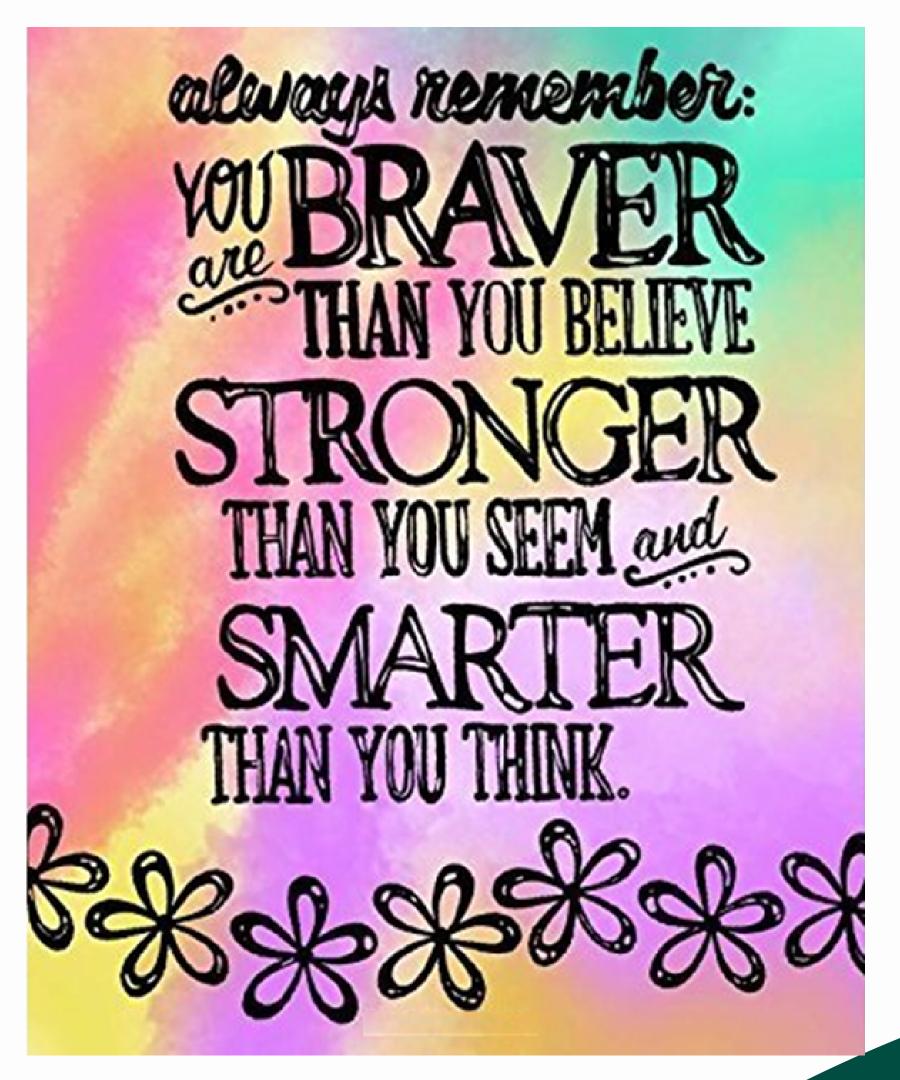
- Write a list of at least 10 positive things about you-try and be specific about what makes you unique.
- Use the format: I am _
- Examples can include things like: I am creative, I am resilient, I am strong.
- If you get stuck, think about what your parents, your friends or your teachers would say about you.
- Now display them somewhere you can see them everyday.





What is one positive thing that you learned about yourself today?

What is one change that you can make in the way that you think about yourself?



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THANK YOU