

Self-Compassion

From the Wellness Center

Overview & Purpose

Building a strong sense of self-worth and a positive self-concept is important to everyone's happiness and success. These develop over time and through lessons we learn on a daily basis. Our self-worth and self-concept are affected by the people we surround ourselves with and the environment we place ourselves in. As a parent, peer, etc., we play a pivotal role in our student's development of their self-concept.

Some Ideas To Think About

- It is okay to fail, and show failure. Failure is how we learn to succeed.
- Focus on "Self-compassion", not "Self-esteem".
- View self-esteem as ever-changing. It can be high one day, medium another, then low the next, etc.
- Be generous with descriptive praise. More tips:
(<https://childdevelopmentinfo.com/child-psychology/self-esteem/#gs.9k640b>)
- Allow flexibility with yourself. Be gentle and forgiving.

Articles

Short Read:

<https://www.verywellfamily.com/essential-strategies-for-raising-a-confident-teen-2611002>

<https://childdevelopmentinfo.com/child-psychology/self-esteem/#gs.9kol1d>

Longer Read:

<https://www.psychologytoday.com/us/blog/surviving-your-childs-adolescence/201009/adolescence-and-self-esteem>

**If you have any questions, please call the Wellness Center at (530) 280-2009.

