Self-esteem

Self-esteem is the evaluation, perception or judgment that a person makes of himself/herself. It is based on the evaluation of his or her thoughts, feelings and experiences. Its construction is related to the acceptance or not of the individual. Self-esteem can increase or decrease due to emotional, family, social and/or work situations.

How is self-esteem formed?

Self-esteem is something that develops throughout our lives, and it is in childhood that our self-esteem begins to develop.

When a baby is born, apart from physiological needs, it also needs to feel the protection of its parents and to create affective bonds. Attachment is an affective bond, which provides the child with the emotional security necessary for a good development of his personality. Parents are the first people who create self-esteem in their children.

A person who grows up feeling valued, loved and respected by his environment, will be a self-confident adult.

Elements of self-esteem

Self-esteem is composed of different elements:

- **Self-image:** The way we observe ourselves
- **Self-concept:** how we think of ourselves

Types of self-esteem

Self-esteem is characterized by different levels of self-esteem. This varies, depending on each person and the stage of life in which he/she finds him/herself. In addition, a person may have different levels of self-esteem. For example, a person may feel successful at work and at the same time dissatisfied in emotional relationships.

Having good self-esteem does not mean believing that we are better than others, but having self-confidence, accepting our strengths and/or weaknesses to recognize our value.

Levels of self-esteem:

- **High self-esteem**: people with high self-esteem are characterized by having a lot of confidence in their abilities. Thus, they can make decisions, take risks and face tasks with a high expectation of success.
- **Low self-esteem:** people with low self-esteem may feel insecure, dissatisfied, may have difficulty accepting themselves and fear expressing their emotions. This situation can come from various reasons such as the opinion that someone has of their personality. Low self-esteem can affect most aspects of life, such as: relationships with others, work and health.

Some recommendations to improve self-esteem

It can be improved by recognizing the perception (appreciation) of self. Ask for help from a family member, a friend and/or a mental health professional. Similarly, you can follow the following recommendations:

- Develop a list of strengths and skills.
- Change the concept of "I'm not going to make it" to "I'm going to make it".
- Offer the best for yourself.
- List your qualities.
- Share with family and friends.
- Do a good deed.

Why is it important to have high self-esteem?

- Contributes to knowing yourself better.
- Facilitates unconditional self-acceptance.
- It favors a positive attitude towards yourself.
- It will help to have better relationships with others.
- We identify what our own needs are.

Social y Emotional

For recommendations, tools and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary physician or contact the following phone lines:

Medical Advine Line
1-844-347-7801
TTY/TDD 1-844-347-7804
APS Health
787-641-9133

References:
https://www.mayoclinic.org/es-es/healthy-lifestyle/adult-health/in-depth/self-esteem/art-20045374
https://psicologiaymente.com/clinica/escala-autoestima-rosenberg
https://kidshealth.org/es/kids/self-esteem.html

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