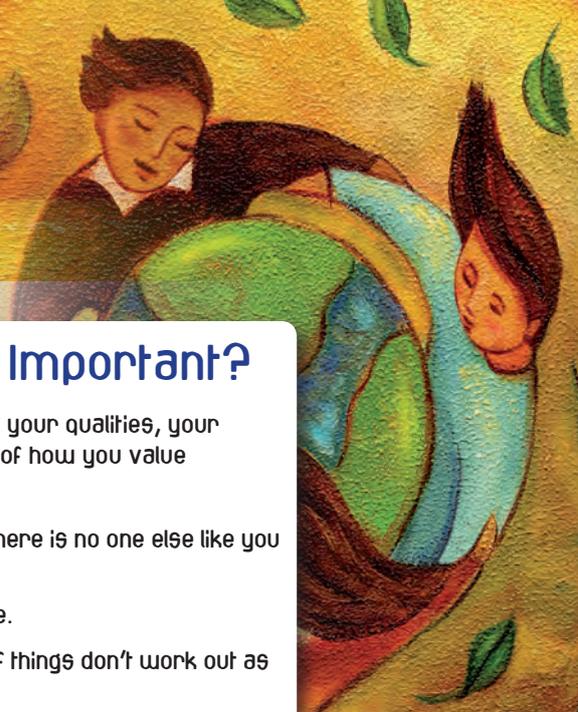


# Sense of Self-worth



## Why is Having a Sense of Self-worth So Important?

Your Sense of Self-worth is how you regard yourself. It is your understanding of your qualities, your strengths, and your personal attributes. Your Sense of Self-worth is a measure of how you value yourself.

- It recognises that you are valuable because you are you; you are unique, and there is no one else like you in the world.
- It encourages you to try new things, to meet new people, and to really enjoy life.
- It helps you get through tough situations, and to pick yourself up and try again if things don't work out as you'd hoped.

## What it is and What it Isn't

- A healthy Sense of Self-worth is NOT the same as having an inflated ego!
- It is not about thinking you are great just because you might be good at something, or have an appealing physical attribute.
- You can have healthy Self-worth without having stand-out skills.
- You need to be able to find qualities within yourself that you think are important.
- Things people might value:
  - \* that you take responsibility for yourself and your actions
  - \* your ability to be polite to strangers
  - \* that you always try your best
  - \* your ability to go to training even on days you mightn't feel like it
  - \* the fact that you are unique and there is no one else like you.

## Lots of Things Affect Self-worth

- The environments in which you live, study, and socialise.
- How you believe you perform in different activities and settings.
- What other people say to you.
- Perhaps most importantly: what you say to yourself.

Of all the things that affect our Sense of Self-worth, self-talk is the one we have most control over. That means it is very important to get into the habit of replacing unhelpful thoughts like 'I am an idiot' or 'Nobody likes me' with helpful ones like 'I have some good qualities' and 'There are people who care about me'.



## What if I'm Struggling With My Sense of Self-worth?

Someone struggling with their Sense of Self-worth might find it helpful to talk with someone. Friends, family, school counsellor, trusted adults, and medical professionals are good places to start. Some other helpful resources include:

### WEBSITES

[www.youthbeyondblue.com](http://www.youthbeyondblue.com)  
[www.lifeline.org.au](http://www.lifeline.org.au)  
[www.sane.org](http://www.sane.org)  
[www.reachout.com](http://www.reachout.com)  
[www.headspace.org.au](http://www.headspace.org.au)  
[www.inspire.org.au](http://www.inspire.org.au)

### HELPLINES

Youthbeyondblue: 1300 22 4636  
Kids Helpline: 1800 55 1800  
Lifeline: 13 11 14  
Sane Australia: 1800 18 7263

### ONLINE COUNSELLING

[www.kidshelp.com.au](http://www.kidshelp.com.au)



# SENSEABILITY