



# Maintaining Healthy Self-esteem

Your self-esteem can have a big impact on your life. It can affect how you make decisions, the quality of your relationships, and your physical and emotional wellbeing.

Key aspects of healthy self-esteem include:

- A clear grasp of your own abilities
- Realistic expectations of yourself
- Knowledge of your own needs—and the ability to express those needs

## Maintaining healthy self-esteem

How can you keep your self-esteem at a healthy level?  
Incorporate these practices into your daily life:

- **Accept your whole self.** Humans are complex beings. Recognize that you are unique—with your own strengths, weaknesses, talents, and imperfections—and accept yourself as you truly are. No better, no worse.
- **Avoid negative self-talk.** Thinking (and saying) negative things about yourself only serves to tear down your self-esteem. Try to recognize negative self-talk when it arises, and counter it with more positive thoughts.
- **Stand up for yourself.** Your feelings and needs have value, and you deserve to be heard.
- **Try new things.** Exploring new places, activities, foods, and so on can help you discover new things about yourself.

- **Learn from your mistakes.** We all make mistakes—every day. Try to learn from yours instead of beating yourself up over them.
- **Do something nice for someone else.** Helping another person can do a lot for your own self-esteem.
- **Take care of yourself.** Factors outside your control can chip away at your self-esteem. Practicing good self-care can help you be more resilient when challenges arise.

## You are worth it

Devoting time to maintaining healthy self-esteem is one of the best investments you can make. You deserve it!

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# Imposter Syndrome: How to Overcome It

You may have heard high-achieving people like business leaders, actors, and others talk about how they sometimes feel like phonies. A part of them feels as if any minute, someone will realize that they aren't good enough.

This is called imposter syndrome, and it is something many people experience. Imposter syndrome is a belief that you don't really deserve what you've achieved. This feeling can persist despite objective evidence that you're well-qualified.

## Signs of imposter syndrome

The following can be signs of imposter syndrome:

- You minimize your own expertise.
- You obsess over the smallest flaws.
- You think you'll eventually be discovered as someone who is faking it.
- You are very sensitive to criticism or even helpful suggestions.
- You chalk up your success to luck or other external factors.

## Overcoming imposter syndrome

Feelings of being a fraud are often deeply ingrained, but you can still move beyond them. These techniques may help.

- **Talk about it.** One of the best ways to overcome irrational beliefs is to talk about them with someone else.

- **Challenge your thoughts.** Ask yourself if your thoughts are logical—or if you are not giving yourself enough credit.
- **Avoid comparing yourself.** When we compare ourselves to others, we usually compare how we feel on the inside to how we perceive others on the outside. Limiting your use of social media will help you minimize comparisons.
- **Keep going.** Do not let your feelings hold you back. Recognize that just because you *feel* like you don't belong, that doesn't mean it's true.

## Therapy can help

If you have tried to overcome your feelings of inadequacy and are still struggling, consider therapy. A certified therapist can help you identify the causes of your beliefs, challenge those beliefs, and overcome them.





## Practicing Real Self-care

The term “self-care” is used a lot these days. It is especially prevalent on social media—often accompanied by a selfie of someone wearing comfy clothes and holding a glass of wine.

Self-care isn’t just about taking a night off for yourself. It also isn’t about using alcohol to relax, since alcohol can actually increase anxiety, disrupt sleep, and raise blood pressure.

Real self-care means making healthy choices on a daily basis so you can feel your best physically and emotionally. It isn’t always fun or selfie-worthy, but the rewards can be tremendous. Good self-care may help you have better physical health, improved productivity at work, an easier time coping with stress, and a longer, happier life.

### Key aspects of self-care

Follow these guidelines consistently for good self-care:

- **Stay physically active.** More and more research shows that exercise is key for good mental *and* physical health. Find a form of exercise you don’t mind doing, and work it into your schedule several times per week.
- **Eat and drink well.** Eat mostly vegetables and fruit and only minimal (if any) processed food. Drink lots of water, and limit soda and alcohol.
- **Get plenty of rest.** Sleep affects health and vice versa. Getting enough sleep can give you more energy, help you focus, and make you feel happier.

- **Make social connections.** Humans are social beings. In today’s screen-intensive world, it is more important than ever to focus on building and maintaining connections with other people.

### Prioritize your self-care

It is easy to put our own wellbeing behind jobs, family, friends, and other responsibilities. But by practicing real self-care consistently, you will be better equipped to be your best—for yourself and everyone else in your life.

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*Real self-care means making healthy choices on a daily basis so you can feel your best physically and emotionally.*

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1. <https://www.healthline.com/health/alcohol-and-anxiety>  
2. <https://www.sleepfoundation.org/nutrition/alcohol-and-sleep>  
3. <https://www.everydayhealth.com/self-care/>  
4. <https://www.psychologytoday.com/us/blog/click-here-happiness/201812/self-care-12-ways-take-better-care-yourself>

# THE BEST CHOCOLATE CHIP COOKIE RECIPE EVER

## Ingredients

- 1 cup salted butter softened
- 1 cup white (granulated) sugar
- 1 cup light brown sugar packed
- 2 teaspoon pure vanilla extract
- 2 large eggs
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon sea salt
- 2 cups chocolate chips (or chunks, or chopped chocolate)

## Instructions

1. Preheat oven to 375 degrees F. Line a baking pan with parchment paper and set aside.
2. In a separate bowl mix flour, baking soda, salt, baking powder. Set aside.
3. Cream together butter and sugars until combined.
4. Beat in eggs and vanilla until fluffy.
5. Mix in the dry ingredients until combined.
6. Add chocolate chips and mix well.
7. Roll 2-3 tablespoons (depending on how large you like your cookies) of dough at a time into balls and place them evenly spaced on your prepared cookie sheets.
8. Bake in preheated oven for approximately 8-10 minutes. Take them out when they are just BARELY starting to turn brown.
9. Let them sit on the baking pan for 2 minutes before removing to cooling rack.

Prep Time	Cook Time	Servings
10 minutes	8 minutes	36



## Nutrition Facts

Calories	183
Total Fat	8g
Sodium	153mg
Carbohydrate	26g
Total Sugars	18g
Dietary Fiber	1g
Protein	2g



# Gratitude journal

Each day write down at least 3 things you are thankful for.

Source: <https://www.npr.org/sections/health-shots/2018/12/24/678232331/if-you-feel-thankful-write-it-down-its-good-for-your-health>

## Employer Completion Form

I successfully completed the Gratitude Journal Activity by:


Signed:

Date:

# Count your blessings

Studies have found that giving thanks and counting blessings can help people sleep better, lower stress and improve interpersonal relationships. Earlier this year, a study found that keeping a gratitude journal decreased materialism and bolstered generosity among adolescents.

Source: <https://www.mpr.com/sections/health-shots/2018/12/24/67823233/its-you-feel-thankful-writes-it-down-its-good-for-your-health>

Your Wellbeing Activity

## Gratitude journal

Each day write down at least 3 things you are thankful for.



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