

The Exchange

Supporting psychological wellbeing and emotional resilience in children, young people and families.

PROMOTING CONFIDENCE & SELF-ESTEEM



For Parents & Carers



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PROMOTING CONFIDENCE & SELF-ESTEEM



SELF-ESTEEM OR SELF-CONFIDENCE?



SELF-ESTEEM

Who we are
Our characteristics



CONFIDENCE

Belief in our ability
Sense of achievement

It's important to know the difference because they need different things to grow.

Self esteem belongs to the category of resilience which is linked to a persons identity.

Self-esteem begins to develop from the age of 2 onwards when a child begins to experience likes/dislikes and discover parts of their personality.

In teenager years it hits a critical and sensitive period! This is challenging for young people and is accompanied by other changes going on in their body, their mind and their connection to others.

BRAIN CHEMISTRY

Our thoughts release chemicals in the brain and research indicates that **positive happy thoughts produce serotonin, generating feelings of wellbeing** (Scaccia, 2017).

This means that by working to build our self-esteem and in turn promote positive thoughts, we can have an impact on how we feel and our overall wellbeing.



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CONSIDER THIS

It's easy to tell someone how amazing they are – But how often do you tell yourself...and how often do you believe it?

**HAPPY THOUGHTS =
HAPPY CHEMICALS =
HAPPY FEELINGS**

Prefrontal Cortex



SIGNATURE STRENGTHS

One of the most important discoveries in psychology of the past half century has been the character strengths. You have **24 character strengths** as does everyone in your family and everyone you know.

Each of us will have strengths which are natural to us, that we value and use more naturally. These are called our **'Signature Strengths'**, and as a first step to helping a person build up their own self-esteem, identifying these is very valuable.

Research has shown that when we **deliberately use our Signature Strengths each day our positive self-esteem is reinforced**, our levels of happiness increase and there is an **improved sense of personal wellbeing**.



APPRECIATION OF BEAUTY &

EXCELLENCE: I can see, feel, and value the beauty around me.

BRAVERY: I face situations and challenges that are hard despite my fears and doubts

CREATIVITY: I am creative, I can come up with new and interesting ideas for things.

CURIOSITY: I look for situations where I can absorb new experiences and knowledge.

FAIRNESS: I believe that everyone deserves a fair chance and to be treated the same.

FORGIVENESS: I forgive others when there has been a rupture.

GRATITUDE: I am grateful for what I have in my life and I let people know this.

HONESTY: I speak the truth and believe that I show people that I am genuine.

HOPE: I believe in myself and I feel good about my future.

HUMILITY: I know what I am good at but I don't seek attention for these things.

HUMOUR: I can see the funny side of things. I like to laugh and make others laugh too.

JUDGEMENT: I see things from different sides and I have an open mind.

KINDNESS: I enjoy helping others. I like to do nice things for others too.

LEADERSHIP: I am organised and I like to help others be organised too.

LOVE: I love my close friends and family. I feel I am kind, generous and caring.

LOVE OF LEARNING: I like to learn new things and to keep this knowledge.

PERSEVERANCE: I can work towards a goal even when it becomes hard.

PERSPECTIVE: I can see the bigger picture and see situations from a different angle.

PRUDENCE: I think before I act. I know there are consequences to my actions.

SELF REGULATION: I can understand my thoughts and feelings. I am able to control my reactions to things.

SOCIAL INTELLIGENCE: I am good at knowing my feelings and those around me.

SPIRITUALITY: I have a belief in something more than just humanity.

TEAMWORK: I enjoy working with others. I trust my teammates.

VITALITY: I feel really enthusiastic and have lots of energy.

CHARACTER STRENGTHS

Use the images as a prompt to discussing each strength. It can also help to write down your Top 3.

