

COUNSELOR'S

MARCH

THIS MONTH

This month our focus will be Self-Esteem. Self-esteem is a key to building relationships, self-confidence, happiness, and fulfillment. Self-esteem begins to develop during childhood and continues to impact us throughout life, from career and relationship troubles to anxiety and other mental health challenges. If our self-esteem is unhealthy and out of balance, it can hinder our ability to grow and heal.

STAY TUNED

March 1 Self Awareness Day
March 2 Read Across America Day
March 8 International Women's Day
March 21 World Down Syndrome Day
March 31 Easter

Women's History Month

TIPS

Practice changing our dialog to help improve. "I have to" with "I want to" I have to turns everything into a burden. We may not enjoy it, but we choose to do it for a reason. For example: "I have to" with "I want to" "I have to go to class" with "I want to go to class because learning is important to me." "I have to do the laundry" with "I want clean underwear!"

Self-esteem affects almost every aspect of our life, it affects how we think, feel, and act. Self-esteem influences academic and professional success as well as success and satisfaction in relationships and social interactions. Mental health issues can arise when self-esteem is either too high (narcissism, anger management issues) or too low (depression, anxiety, addiction).

FROM THE COUNSELOR