



SELF-ESTEEM & RESILIENCY

NATHAN HALE COUNSELING

SESSION OVERVIEW

- Break the Ice
- Recap: Stress & Anxiety
- How do I rate?
- Define the terms: Self-Esteem, Resiliency, & Growth Mindset
- Practice & Put the traits to work
- So what? Wrap it up!

EXPECTATIONS

We will...

- Listen to each other and not interrupt
- Speak respectfully to each other
- Be supportive and encouraging to each other
- Use "I" statements
- Use positive language

BREAK THE ICE - POSITIVE TRAITS

Self

- Three I see in me
- Three I look for in others
- Why are they important to me?

Group


- What did we have in common?
- What did we have different?
- Discuss

Everybody

- What was new? Surprising?



RECAP

- What do you remember from last time?
 - What is stress?
 - What is anxiety?
- 



STRESS

- Stress is a response to an *external* cause
- Generally a short-term experience
- Examples are: tight deadline at school or having an argument with a friend.
- Stress subsides once the situation has been resolved.

ANXIETY

- Anxiety is a person's specific reaction to stress; its origin is *internal*
- Body's alarm system signaling potential danger
- Overlooked because everyone has it to some extent
- Most common mental health disorder in the US

TED TALK RECAP

- Make stress your friend!
- Stress isn't always bad. How we view and respond to stress makes all the difference.
 - Individuals who view stress as their friend have lower rates of heart problems and other health issues.

IMPORTANT THINGS TO KNOW

- Anxiety is body's warning system
- False alarm versus real danger
- 3 components: thoughts, behaviors, actions
- Relaxation skills
- Graduated exposure

HOW DO I RATE?

KAHOOT

- Play the game

Discuss

- How does this relate to stress and anxiety?

SELF-ESTEEM

- Term used to describe a person's overall sense of self-worth or personal value.
- Self-esteem is shaped by your thoughts, relationships and experiences.
- Feeling confident in your abilities.
- How is it related stress and/or anxiety?

RESILIENCE

- [TED Talk](#)
- Resilience means knowing how to cope or adjust with stressful situations despite setbacks or barriers.
- Like a rubber band. Able to stretch and adjust but bounces back.
- How is it related stress and/or anxiety?



GROWTH MINDSET

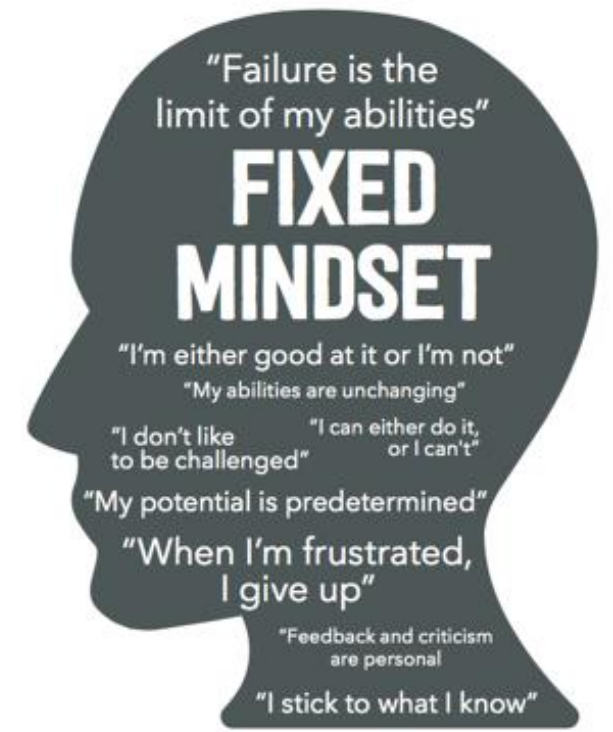
- The idea that abilities and skills can be developed through dedication and hard work.
- Students that hold a fixed mindset give up when they can't solve a problem and admit defeat. With a growth mindset, students continually work to improve their skills, leading to greater growth and ultimately, success.
- The power of YET

the power of

YET

- I can't do this... *yet*
- This doesn't work... *yet*
- I don't know... *yet*
- It doesn't make sense ... *yet*
- I don't get it ... *yet*
- I'm not very good at this... *yet*

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PRACTICING RESILIENCE

- Start small
- Anticipate/expect set backs
- Identify small successes
- What are some activities that you have avoided due to fear of failure or anxiety?
- What are some activities you could use to practice resilience?

PUT THE TRAITS TO WORK

Three Positive Traits

- How do these traits help develop and maintain resiliency and positive self-esteem?

SO WHAT? WRAP IT UP!

- Wrap up discussion
 - Self Care
 - Gratitude: “First, gratitude is the *acknowledgment* of goodness in one’s life. . . . We affirm that all things taken together, life is good and has elements that make it worth living. . . . Second, gratitude is *recognizing* that the source(s) of this goodness lie at least partially outside the self.” - Dr. Robert Emmons

FOLLOW UP ACTIVITIES

- Self-Care Calendar
 - Write out one self-care activity that you will do each day this week
- Gratitude
 - Being grateful can lead to better sleep, fewer symptoms of illness, and more happiness
 - Write a note to someone who has helped, inspired, or been there for you.