

Loss in the First Year & Beyond

Self-esteem

Creating Healthy Self-Esteem

If you want to cultivate a healthier self-esteem, consider the following suggestions as a helpful guide. These recommendations may also guide you to think of other ideas and steps that would be meaningful on your journey.

- Cutting out negative self-talk- Learn to recognize, name, and stop negative self-talk. Negative self-talk is the ways we think and speak to ourselves in a way that puts us down. Examples may include “I can’t seem to get anything right” or “I’m just not good enough.” When moments of negative self-talk pop up, notice it and stop it in its tracks. It is possible to stop negative thinking before it gets worse. Consider the patterns and triggers that lead to negative self-talk. Ask yourself how you can change the habit or redirect your thoughts in a more positive way.
- Make healthy choices for yourself- Positive Self-Esteem comes from the decisions you make about yourself and what you value. It comes less from feeling good about yourself and more from your thoughts and actions, which can impact your feelings. For example: I am going to exercise more because I want to honor my body and be healthy. Here, the choice to exercise is not rooted in shame but the choice to see self-worth. Then when the individual acts on their commitment to exercise, they are more likely to feel better about themselves.
- Honor your feelings- Having a high self-esteem means recognizing that your thoughts, feelings, wishes are important and worth taking seriously. Consider getting in touch with your inner self and listen to what is going on in your head and in your heart. Try expressing yourself to others instead of withholding. Tell others what you think, feel, want, etc. Do this in a way that does not hurt/attack others but honors their feelings as well.
- Positive Relationships- Cultivate and seek out healthy relationships with people who build you up. By having people in your life who support you, affirm you, and practice honesty, you are more likely to see your own value and grow your self-esteem. Seek out people who both give and receive. Sometimes, people may take more than they give, which can drain those around them. Other people can do too much for you, but they may not be seeking to help you long term. You are deserving of relationships that find a healthy balance between giving and receiving.
- Be kind towards yourself- It is harder to extend grace to ourselves than almost anyone else. The truth is that no one is perfect. Mistakes are made and life doesn’t turn out the way you expect. Instead of focusing on the mistakes, practice offering yourself grace. Instead of being hard on yourself, practice accepting yourself as valuable and worthy of love and kindness.



St. Francis Reflections Grief Support Program

St. Francis Reflections supports and assists those who are grieving as they process through their grief and healing period. We are committed to providing a comprehensive program available to any Brevard County resident in need of grief support.

Our program offers a variety of services listed below:

- * Individual and/or family grief support
- * Spiritual support and pastoral counseling
 - * Grief support groups
- * Grief support information and literature
 - * Community resource information

St. Francis Reflections also offers North Star, a specialized program for grieving children, teens, and their families. Through play and talk with each other, the children have the power to help themselves heal and help each other in the healing process.

How to Contact St. Francis Reflections Grief Support

To learn more about the Grief Program and current monthly schedule of group meetings, social events, and memorial events, please contact the grief coordinators at 321-269-4240.

To learn more about the Children's Grief Support Program, please contact the Program Coordinator at 321-264-1687.



Survivor's Bill of Rights

I have the right to be free of guilt.



I have the right not to feel responsible for the death.



I have the right to express my feelings and emotions, even if they do not seem acceptable, as long as they do not interfere with the rights of others.



I have the right not to be deceived because others feel they can spare me further grief.



I have the right to maintain a sense of hopelessness.



I have the right to peace and dignity.



I have the right to retain my individuality and not be judged.



I have the right to seek counseling and a support group to enable me to explore my feelings to further the acceptance process.



I have the right to reach acceptance.



I have the right to a new beginning.



I have the right to be.

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