



STUDENT HEALTH AND WELLNESS PROGRAMS

STALL TALK: BOOSTING SELF-ESTEEM



What is Self-Esteem?

Self-esteem is a person's overall sense of personal value and self-worth. Self-esteem can also be reflected in terms of our actions such as how we treat ourselves.

February 2020 Events:

Shout it out! Celebrate someone through a simple homemade gift: Feb 6th, 11am-2pm, Library Lanai

Make a plan! Create a Vision Board to set goals: Wednesday, February 12th, 2-4pm, Library Lanai

Signs of Strong Self-Esteem

Healthy Boundaries

Self-Acceptance

Confidence

Resilience

Assertiveness

Mindfulness Meditation Sessions:

Mindfulness is the awareness and acceptance of the present moment, instead of dwelling on the past or worrying about the future.

Every Tuesday:

11-11:30 am w/ Devi Stone (Counseling Center)
4-5 pm w/ Michael Donenfeld (CC 306)

5 Strategies to Boost Self-Esteem

Practice Self-Compassion

Be kind to yourself. Give yourself a reminder that you are worthy no matter the setback or challenge. Nurture yourself by taking time out to do small things that make you feel special. Replace self-critical talk by speaking to yourself as a dear friend, use words of support and encouragement.

Use Positive Affirmations

Choose positive affirmations that you believe would help you become the best version of yourself. Create a practice of repeating your affirmations to yourself out loud and with feeling.



Do something kind for someone

Small acts of kindness we do for others boosts both our own happiness and self-esteem by knowing we made a positive contribution to the world.

'O ka 'olu'olu e hau'oli 'ia. (Happiness is kindness.) 'Ōlelo No'eau

Surround yourself with people who have a positive impact on you

Spend your time with people whom when you leave the experience you have feelings of positivity, joy and happiness.

Celebrate small wins and successes

Setting small, manageable goals and tracking your progress allows you to celebrate your successes and build self-esteem through feelings of resiliency and accomplishment.



In an emergency:
Call 911 or
Campus Security:
(808) 974-7911
(x7911 campus phone)

CONFIDENTIAL CAMPUS RESOURCES

Counseling Services
(808) 932-7465
Student Services Building
Room E-203

Medical Services
(808) 932-7369
Campus Center
Room 212

ADDITIONAL RESOURCES

UH Hilo CARE Team
hilo.hawaii.edu/careteam

UH Hilo Title IX Office
Jenna Waipa
(808) 932-7642
<https://hilo.hawaii.edu/titleIX>

CONFIDENTIAL LOCAL RESOURCES

Crisis Line of Hawaii
(24-hour, 7 days)
1-(800) 753-6879

Crisis Text Line
Text "ALOHA" to
741741

YWCA 24-Hour Sexual
Assault Hotline:
(808) 935-0677