

## 5 Ways Healthy Self-Esteem Helps You Manage Stress

Your self-esteem is how you value yourself as an individual, your beliefs, and your capabilities. It's that voice you hear when you feel you're not good enough to do something. Interestingly enough, self-esteem has very little to do with talents or skills.

Those with a high self-esteem are usually the ones with positive characteristics. They are more capable of handling challenges that life throws their way. They know how to build strong relationships and aren't afraid to be their own selves, regardless of what others think. People with high self-esteem recover from setbacks faster than those who only see the negative in everything.

They are well equipped at handling stress, not because they have some mystery gene the rest of us lack, but because they believe, in who they are and what they're capable of achieving. Here are five ways building up your self-esteem can help you manage stress:

1. **Don't compare yourself to others.** At the workplace, at the gym, in magazines, on TV, on the street - people are everywhere. In addition, we tend to only see what's good in everybody else and what's lacking in ourselves. This causes an enormous amount of stress and pressure on yourself. Instead of comparing yourself to everyone else, remind yourself of all the positive qualities you have - you'll end up surprising yourself, and you'll see yourself in a different light with more positivity and pride.

2. **Set realistic goals.** Be honest about your goals. The point of having goals and reaching them is to make sure you have enough time to finish your work without sabotaging the quality. If you have a heavy workload and your boss asks you to add some more, be polite but firm. Learn to say 'no' without fearing the repercussions. By clearly specifying your goals, you're setting yourself up for success and a boost in self-esteem. Once you've reached your goals, treat yourself to something nice. It will boost your morale and help you plan your upcoming goals on a high note with clarity and focus.

3. **Work on your body language.** Body language is something we undermine completely. Bad posture is a direct reflection of your mindset. If you find yourself not sitting properly, take a 5-minute break, even if you remain seated. Just straighten your back, roll your shoulders back, and take a deep breath. Also, maintain eye contact when engaging your boss or a co-worker in conversation is crucial for healthy self-esteem.

**4. Emergency stress stoppers.** These are things you can do anytime you're faced with a stressful situation.

**Each one of them takes only a few seconds but their benefits are immeasurable:**

- Count to 10 slowly
- Take deep breaths
- Excuse yourself from the situation for any reason and explain you'll handle it later
- Set your watch 10 minutes ahead
- Break down the problem into smaller parts, and tackle each one on its own
- Do something kind for someone else
- Meditate and learn how to be in the present and really take it all in

**5. Find time to do things you enjoy.** People who take time out for themselves on a regular basis, even if it's just five minutes each day, are calm and more in control of their emotions and self-awareness. This is a great boost to their self-esteem. In addition, relaxation techniques help lower cortisol and adrenaline levels.

**Some examples may be:**

- Learn something new
- Connect with friends, family and neighbors
- Be physically active
- Seek out a new hobby, or rekindle your love for an old one
- Get a massage
- Read a book