

KOOTH: WHAT IS SELF WORTH?

WHAT IS SELF-WORTH?

Self-worth is another term for “self-esteem,” which you’ve probably heard of before. Self-worth is defined by the dictionary as “a feeling that you are a good person who deserves to be treated with respect.”

WHAT AFFECTS SELF-WORTH?

Having healthy self-worth can be hard for a lot of us, and it can rise or lower based on your current situation or experiences. Everyone struggles with self-worth from time to time, even adults.

For example, I recently had a tough week when my jewellery-making project for Christmas gifts didn’t turn out very well.

I felt pretty low about myself when my project failed. I felt like I’d wasted a lot of money on the supplies, and I also felt like “everyone else” around me is super amazing at handmade gifts, while I felt like a failure. I felt both disappointed and embarrassed.

It’s hard when you try to do something well, like a project or a test at school, and it doesn’t come out the way you wanted. It can make you feel bad about yourself when your best efforts result in a disappointing outcome.

Sometimes, self-worth can be affected just by your general surroundings. Maybe your parents are fighting, or you’re having trouble focusing on your online schooling. Maybe your best friend is cross with you. Maybe you always get a bit sad at Christmas, or maybe the winter weather gets you down.

Self-worth can also be based on how you judge yourself: for your appearance, how much money your family has, your friend group, or your social media following.

Self-worth is something everyone struggles with at some point during their lives. Let’s talk about some ways to think more positively about yourself.

LET'S START WITH SELF-VALUE.

Self-value is related to self-worth, but it focuses on actions rather than feelings. Self-worth comes when you start to compare yourself to others in a negative way--i.e., "Jane got a higher test score than me again; I feel so stupid" or "Micah's violin solo was great, and I didn't even get a solo this year."

Self-value is how you treat yourself. When you're feeling low, do you still remember to treat yourself with kindness? Do you drink water, get a good night's sleep, keep up your hygiene routine, and practice self-care?

Even when you're feeling poorly about your own worth, it's very important to still treat yourself with kindness and respect. It will help you through the low period and remind you that even if you're unhappy with yourself right now, you still deserve love and attention.

VALUE IN EFFORT

Try to remind yourself that your value is "not about the score, it's about the game".

Say you play a tennis match at school, but you place very low in the overall score.

Ask yourself: Did I play my best? Did I have fun playing? Was I a 'good sport'--i.e., did I treat my opponents with kindness and respect? Did I congratulate the winners, and did I accept my low score with good grace--for example, did I process my disappointment quietly to myself, rather than throwing my racket and yelling at the other players?

Your worth isn't defined based on how much you "win" at something--having the best appearance, the best score, the most money, the most popular friends. No one can be "the very best" at everything, all the time.

What really matters is how you behave and the enjoyment you get from the things you do.

Maybe your homemade Christmas cards won't be featured on Pinterest anytime soon. Did you have fun making them? Do you think the people receiving the gifts will love having something you made for them?

Maybe you have two very close friends, while Molly is the most popular girl in school and has lots of friends. Do you love your friends? Do you have a good time with them? Do you enjoy their company?

Maybe your family can't afford the latest fashions from the high street. Do you still enjoy putting together your outfits? Do you have fun working creatively with your clothes?

TALK TO YOURSELF THE WAY YOU'D TALK TO YOUR BEST FRIEND

When you find that voice in your head starting to say mean things about yourself, stop and think: Is this how I would talk to my best friend?

Would you tell your best friend that she failed that test because she's stupid? Or would you tell her that everyone fails a test from time to time, and that she should be proud that she did her best?

Would you tell your best friend that she's ugly and her haircut is boring? Or would you tell her that what really counts is being yourself?

Would you tell your best friend that she isn't popular enough? Or would you tell her that you

love her sense of humour and how much she cares about her loved ones?

ASK YOURSELF IF YOUR HARSH THOUGHTS ARE TRUE

Also, when you find yourself feeling unkind toward yourself, ask yourself how true these feelings are. Is it true that your baking never turns out well, or have you just had bad luck with a couple of new recipes lately? Is it true that none of your clothes look good, or is this just an outfit that you've outgrown?

Is it true that there's nothing good about you, or are you just focusing on the couple of things that you're upset about?

THE MORE YOU REMEMBER TO TREAT YOURSELF WITH KINDNESS AND LOVE, THE BETTER YOU WILL BECOME AT PRACTICING GOOD SELF-VALUE AND RAISING YOUR SELF-WORTH.

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