

HERE'S WHAT'S HAPPENING

Interactive Wellness Site for Students Coming Soon!



We are currently working on an interactive site where YOU can create YOUR OWN personal wellness goals, and find great resources in the area to help you achieve them. We are working with a web designer, and a group of Jefferson students to design a site that is easy and fun to use. More information will be available in an upcoming issue of the JeffHELP e-newsletter.

Monthly Poll Question



How likely are you to go online to find mental health resources?

[Click here to vote!](#)

Share Your Reasons to Live

We Need Your Help In

Reaching Our Goal of Having

2013

Reasons To Live!

So far we have 146 reasons. That's

7.25% of our goal.

[Click here to help us reach our goal!](#)

Check out the [American Journal of Preventive Medicine](#) article on the use of Google searches to find information on Mental Health, during different seasons of the year.

Last Month's Poll Results

In your opinion a person with a mental illness is capable of being a competent medical professional.

- ⇒ True 72%
- ⇒ False 11%
- ⇒ Unsure 17%



Are you looking to get involved in an organization that raises awareness about mental health on campus? Then [Active Minds](#) is for you! Active Minds at Thomas Jefferson University is a club working to utilize the **student voice** to improve education, advocacy, and awareness, and serve as liaison between students and the mental health community.

For more information on getting involved, contact Swarnalata Debbarma

Swarnalata.debbarma@jefferson.edu

Bereavement Support Group

We've all been affected by the loss of someone significant in our lives and may benefit from sharing our experience with others.

If you are interested in joining a Bereavement Support Group, or if you have any questions, please contact

Virginia "Ginger" Biddle, PhD, RN, CRNP

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JeffHELP T-Shirt and Mug

Get yours today by request at the Jefferson Bookstore checkout or call 215-503-6456



\$15.00

100 Reasons to Live
T-shirt



\$18.50

16 oz. Double Stainless
Travel Mug



RESOURCE OF THE MONTH

Improving Our Self-Esteem

Self-esteem is a complex topic and is formed by many factors. It is also influenced by both factors within yourself but also your relationships with others. In its most simplistic definition, self-esteem is a judgment of your worthiness as an individual. It includes both beliefs and emotions that impact how you make sense of who you are. Although self-esteem tends to be stable, it can vary due to multiple situations and events. Ultimately, self-esteem involves accepting and loving yourself. It involves a realistic appraisal of yourself and being satisfied with who you are. Self-esteem can be best understood as being on a continuum. Everyone from time to time and in certain situations struggles with their self-esteem. You can continue to want to grow and improve but having a healthy self-esteem means that at any point in your life you accept and love yourself with who you are in that moment.

It can often feel difficult to figure out ways to improve one's self esteem. It is often difficult due to the sheer fact that self-esteem is so complex. It involves past and present relationships with parents, peers, friends and romantic partners. But it also involves performance, achievement, and abilities. Also involved are memories, and internal and external messages, and reinforcement.

To improve one's self esteem can take time. To figure out how to improve your self-esteem depends on your particular situation. Below are a range of options that can be effective in improving your self-esteem. The key is finding which strategy works for you.

Acceptance and Love. The first and foremost step in improving your self-esteem involves true acceptance and love for yourself. It means taking inventory of yourself (what you consider to be your qualities, abilities, appearance, etc.) and being satisfied with yourself. It means taking the "good" and the "bad" and being ok with it.

Psychotherapy. Psychotherapy can allow you to obtain a better understanding of yourself. It allows you to find the origin of your self-esteem by helping you gain insight into your childhood, relationships, identity and abilities. By doing this you will learn how your self-esteem was created and how to find ways to improve it. A mental health professional can also guide you by offering effective and successful interventions and providing support along the way. (continued on next page)

Affirmations. Affirmations are positive statements about yourself. You can utilize affirmations that have already been made or create unique affirmations that are specific to you. It makes sense if you have difficulty with affirmations in the beginning or even don't believe them. The point is to say these affirmations over and over to yourself until you begin to believe them. Remember it took you years to believe the beliefs you already have about yourself now, so it is going to take some time to re-learn new beliefs.

Improve your Relationships. Take inventory of your relationships. See if your relationships are encouraging and affirming. If you find any relationships that are not encouraging consider limiting the time you spend in these relationships and/or removing these relationships from your life.

Self-Help Strategies. There are many books and workbooks related to self-esteem. Consider searching for books and workbooks related to self-esteem and find the one that fits you best.

Keep in mind that as you consider the interventions above that this process can take time. Be patient and realistic and remember that it will not happen overnight. Consider involving a mental health professional or healthy friends and mentors that can support you along the way.

If you would like to speak to someone to receive help with dealing with issues related to self-esteem, call the Student Personal Counseling Center (SPCC) at 215-503-2817.

Written by Shawn Blue, Psy.D., Staff Psychologist, Student Personal Counseling Center, Thomas Jefferson University

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