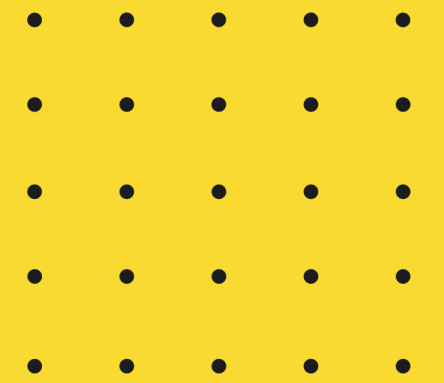


Mental Health

Making healthy choices for your body & mind: Self Awareness



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Overview

Self Awareness

1. Mental Health
2. Self-Awareness
3. Benefits of Self-Awareness
4. How to Practice Self-Awareness
5. Self Awareness & Self Esteem
6. Bringing it all together



What is Mental Health?

“...a state of **well-being** in which every individual realizes his or her own potential, **can cope** with the normal stresses of life, can **work productively** and fruitfully, and is able to **make a contribution** to her or his community.”

-World Health Organization (2014)



1 in 4

Persons will experience a mental health issue in their lifetime.

What is Self-Awareness?

Being aware of oneself, and how you interpret your actions, feelings, behaviors and thoughts.

-EGGS, February 2021

*At the core of self-awareness is the ability to self-reflect

Self Awareness

2 Types:

Internal self awareness

- How well you know yourself.

External self-awareness

- How well you understand how others see you.



Self Awareness

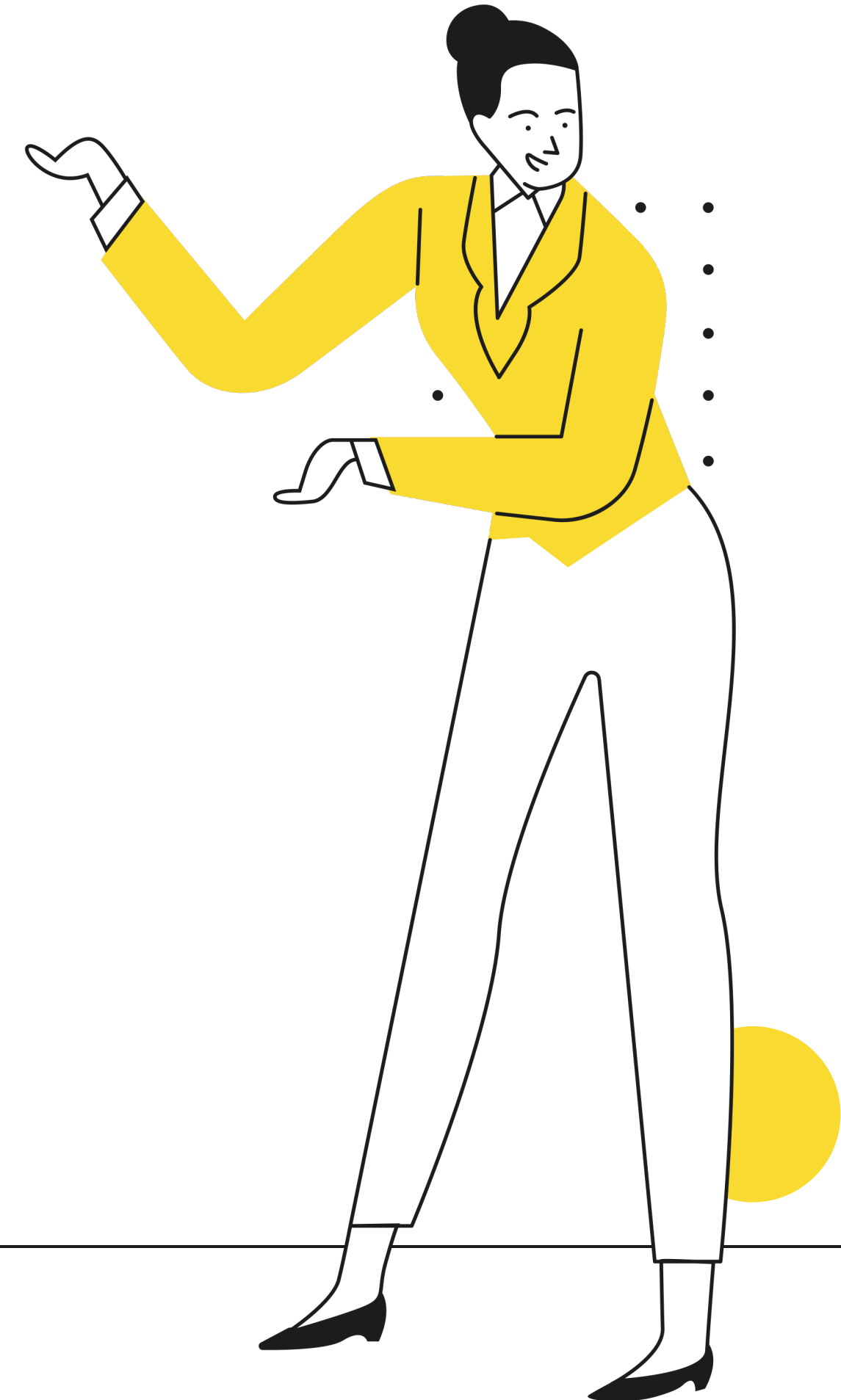
The Four Self-Awareness Archetypes

This 2x2 maps internal self-awareness (how well you know yourself) against external self-awareness (how well you understand how others see you).

	Low external self-awareness	High external self-awareness
High internal self-awareness	<p>INTROSPECTORS</p> <p>They're clear on who they are but don't challenge their own views or search for blind spots by getting feedback from others. This can harm their relationships and limit their success.</p>	<p>AWARE</p> <p>They know who they are, what they want to accomplish, and seek out and value others' opinions. This is where leaders begin to fully realize the true benefits of self-awareness.</p>
Low internal self-awareness	<p>SEEKERS</p> <p>They don't yet know who they are, what they stand for, or how their teams see them. As a result, they might feel stuck or frustrated with their performance and relationships.</p>	<p>PLEASERS</p> <p>They can be so focused on appearing a certain way to others that they could be overlooking what matters to them. Over time, they tend to make choices that aren't in service of their own success and fulfillment.</p>

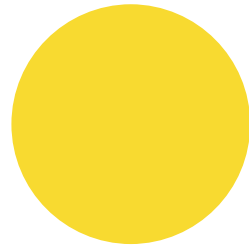
SOURCE DR. TASHA EURICH

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Benefits of Self Awareness

- Improves confidence
 - Creativity
 - Better decision makers
 - Communicate with more clarity
 - Stronger relationships with others
 - Set appropriate career goals
- Increases empathy
 - Understand multiple perspectives
 - Reduces assumptions
 - Improved mood
 - Decreases stress
 - Increase productivity
 - Improves leadership skills



How to Practice Self Awareness



Get comfortable with being uncomfortable

Acknowledge that you may not always like what you learn about yourself.

Nonjudgmental assessment.

Ask “What” questions

Instead of asking “why” ask “what” questions.

What are my values?
What do I spend my time thinking about?
What do I enjoy doing?

Learn to name your feelings

What am I feeling?

Allows us to stand back and objectively evaluate what's going on.

Ask others for feedback

Ask other people how they perceive you in certain situations.

Ask them how they would like to see you behave.

Journal

A way to pay attention to what's going on with your private and public self.

Help you recognize patterns that either good for you or not.

Self Awareness & Self Esteem



If self esteem is the way we value or evaluate ourselves. Then self awareness is how we get to know ourselves better!



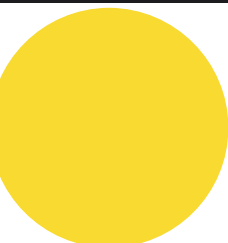
Self esteem often initially built on our external self awareness- others feedback about us.

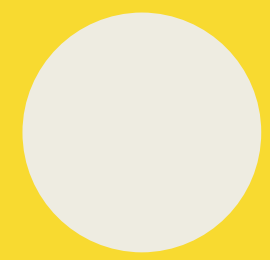


Personal development challenges us to incorporate both internal and external self awareness.



When we understand ourselves better we can build more positive self esteem.





Bringing It All Together

Self awareness

Self Love

Self Esteem

Self Care

Mental Health



Being aware of oneself, and how you interpret your actions, feelings, behaviors, or thoughts.

The regard for one's own happiness or advantage;
A state of appreciation for oneself that grows from actions that support our physical, spiritual, and psychological growth.

The way you value yourself. How you feel and the opinion you have of yourself.

Maintaining your physical and psychological self

Optimal mental health incorporates all of these.
How well we are practicing these directly contributes to better mental wellbeing.



Thank You!

References

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