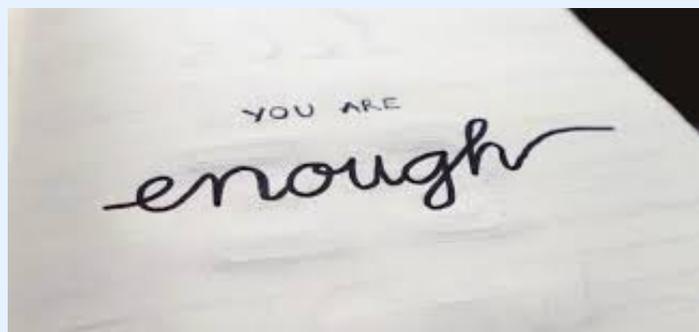




## Tuesday Topic Newsletter

# Signs your teen may be suffering from low self-esteem

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Pressure to conform to beauty standards is at an all-time high for your teen. Your teen spends an average of 8 hours a day on their phone. During that time, their phone is being inundated with highly edited social media posts. Your teen compares the post to themselves, and thinks “why can’t I look like that?”. Self-esteem and self-confidence is plunging.

Signs your teen may be suffering from low self-esteem:

- Negative self-talk “I am ugly”, “no one will ever like me”, “I am so stupid”
- Low motivation
- Difficulty making and maintaining friendships and relationships
- Decline in previous activities
- Frequent comparison to peers

Steps you can take to build your teens confidence at home:

- Model what a healthy self-esteem looks like. Demonstrate confidence in your own ability and appearance for your teen

- Allow them to face obstacles, building their confidence in themselves to overcome difficult challenges
- Acknowledge and validate their accomplishments often
- Praise their effort rather than the outcome
- Give your teen plenty of opportunities to try new things such as cooking up a side dish for your family's dinner, or planting items in a garden
- o Encourage them to keep trying even when they fail

If your teen suffers from low self-esteem they will benefit from joining our weekly group. In group your teen will learn self-acceptance and gratitude, improve self-esteem/ self-confidence, identify internal strengths, and learn to distinguish between internal and external beauty.

[Schedule a free phone consultation](#)

# Teenage Self-Esteem group

Signs your teen might be suffering  
from poor self esteem

Negative self  
talk

Low  
motivation

difficulty making  
and maintaining  
new friends

Decline in previous  
activities

Frequent comparison  
to peers

Meeting online Monday's at 6pm

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