



HEALTHY@HARRIS
Caring for ourselves so we can care for others

HARRISHEALTH
SYSTEM

Your Best IS Good Enough!

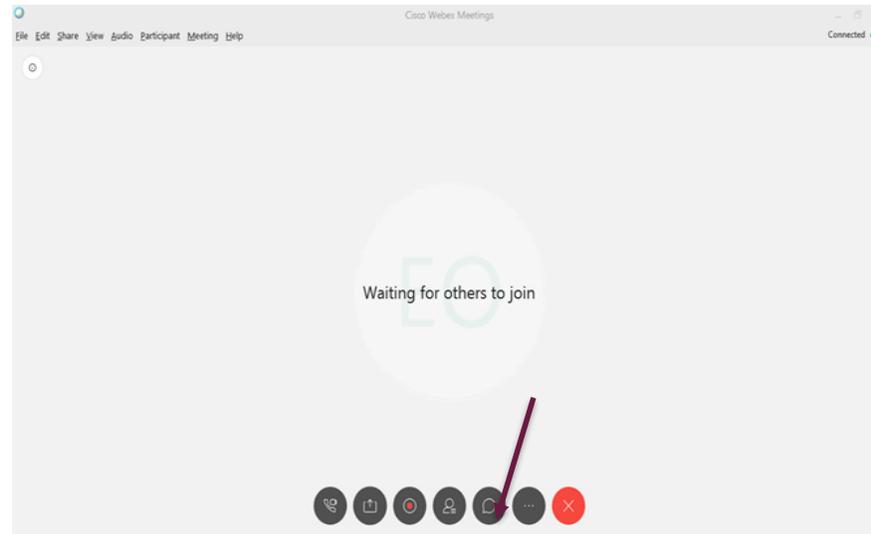
The Power of Self-Acceptance

Taught by Harris Health System Employee Wellness Team

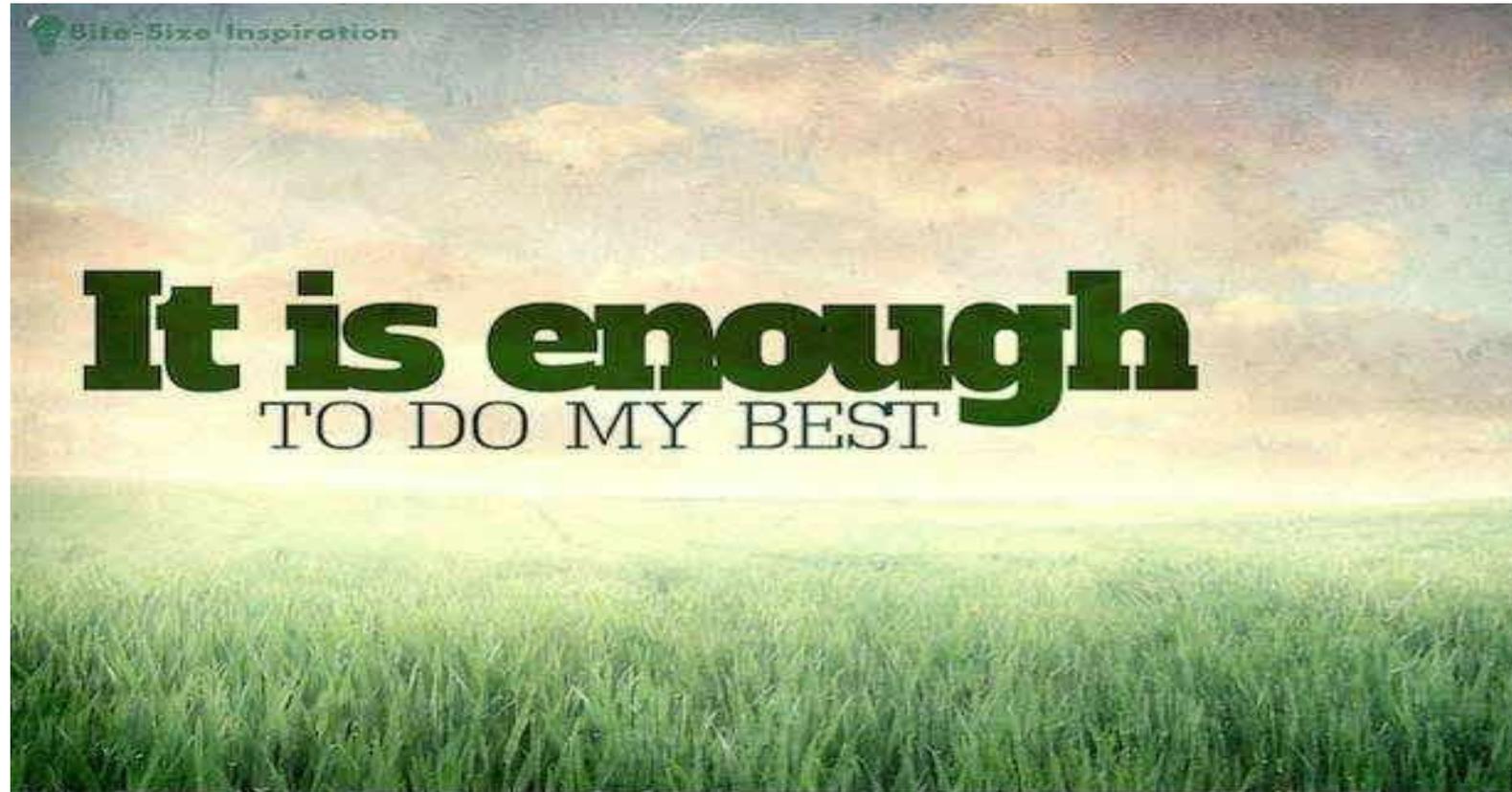
Engage and Interact

Questions – Type questions, thoughts, examples, in the chat box, the more interaction the better.

Premium Points - You can only receive credit for one Wellness Workshop per day. Confirm your employee ID is entered correctly when registering for Employee Wellness activities. Please allow up to 4 weeks for 50 Premium Points to be reflected in MyCigna.



What does this statement mean to you?



Learning Objectives

- What is Self-Esteem?
- Self-Esteem and Negative Thoughts
- Self-Acceptance Defined
- The Power of Self Acceptance
- Ways to Practice Self Acceptance

What is Self-Esteem?

- Self-esteem is an individual's subjective evaluation of their own worth. Self-esteem encompasses beliefs about oneself as well as emotional states, such as triumph, despair, pride, and shame.

Self Esteem & Negative Thoughts

- How we think about ourselves impacts our psychological health and future goal achievement
- A person with high-self worth thrives through adversity
- A person with low self-esteem struggles to function
- A successful person experiences challenges and accepts failures and unhappiness as a part of life
- An unsuccessful person avoids challenges and refuses to accept the pain and unhappiness life produces

Self-Esteem and Self-Acceptance

- Self-esteem stems from self-acceptance
- Accept who we are and not who we think we're supposed to be
- Admit that we all have flaws
- Accept our good qualities and our bad ones
- Leads to less focus on negative and higher likelihood of engaging in acts of self-love

What is Self Acceptance?

- The awareness of one's strengths and weaknesses, the realistic (yet subjective) appraisal of one's talents, capabilities, and general worth, and, feelings of satisfaction with one's **self** despite deficiencies and regardless of past behaviors and choices.



The Power of Self Acceptance



The Power of Self Acceptance

Ask yourself the following questions:

What is your relationship with the people you're around the most?

What is one of your defining qualities?

What is one of your best qualities?

Do these things align?

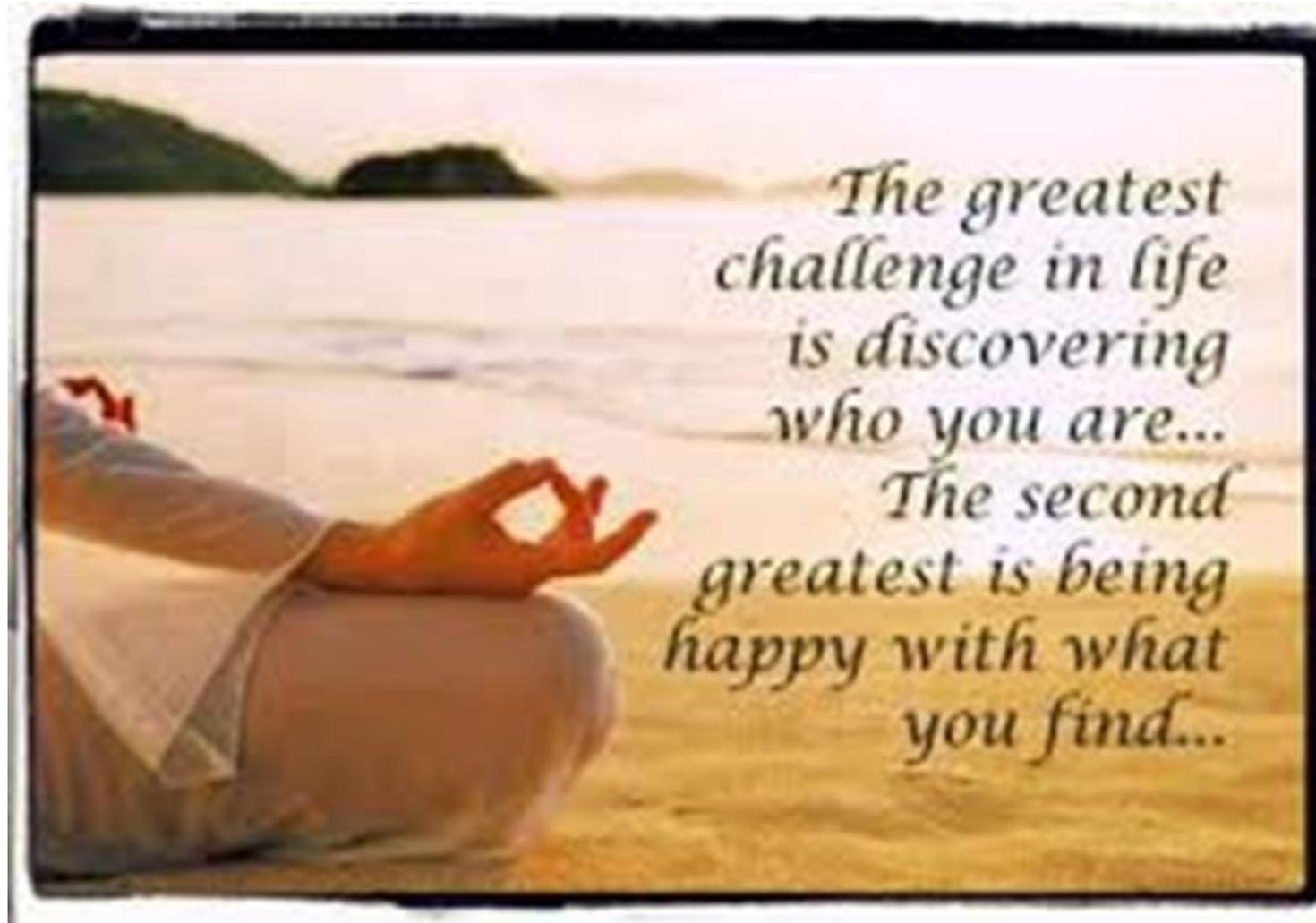
What would your friends say about you?

What would an acquaintance say about you?

What would your family say about you?

Ways to Practice Self Acceptance

- Be Kind to Yourself
- Confront your Fears
- Stay Positive
- Accept Imperfection
- Don't Take it Personally
- Forgive
- Believe in Yourself
- Never Give Up!



Resources

Stress Management, Depression and Counseling Services

- Employee Assistance Program
 - Online: www.feieap.com,
 - Username: hhs
- Well Powered Living 1.0, 2.0, 3.0 and 4.0 coming soon!
- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.
- Cigna Behavioral Health
 - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
 - Call Cigna Behavioral at **800.274.7603**.
 - Go to **Cignabehavioral.com** for extra resources.
- Coaching
 - Telephonic health coaching: 855-246-1873
 - Onsite health coaching: Contact Latecia Murphy
 - Office: 713-873-6407
 - Email: Latecia.Murphy@harrishealth.org

Contact Us!

HEALTHY@HARRIS
Caring for ourselves so we can care for others

713-566-6686

employeewellness@harrishealth.org

[Visit our internet site!](#)