



natasha goulbourn foundation

BRINGING
DEPRESSION
TO LIGHT

Enjoy ka lang!

You can make up
your mind to be happy

Your mind is so powerful, it can turn a positive into a negative, and a negative into a positive.

Let it bring positivity into your life. Choose to take pleasure in little things and big things, despite the challenges and possible frustrations.

There are joys in the simple things in life. Look and you will find them.





SOME TIPS TOWARDS BEING HAPPY


1. The happiest people can often turn silly and are never always serious or solemn. Don't be afraid to do or think something silly. Instead have a good laugh when some silliness comes your way.
2. Let your sense of humor and your funny bone be tickled as often as possible by watching comic movies, TV shows, or plays. Enjoy the light moments and laugh heartily.
3. Cheerfulness and joy are contagious and it is possible to easily get contaminated by being with cheerful and happy company.
4. Games are healthy outlets for having fun and enjoying moments of your life. Play games, be they board or field, with friends and family.
5. Rest when you feel the need. Take a break and go on a vacation to rejuvenate yourself.
6. Realize you need to be happy.

WHAT IS SELF-ESTEEM?

Self-esteem is the pride we take in and the value we place on ourselves. The level of our self-esteem depends on how highly or lowly we think of ourselves. It relates to how we value our self worth. Whether our self-esteem is high or low depends on how we feel about ourselves as well as the values, beliefs and attitudes we hold and our way of thinking - all of which form our mind-set.

A high level of self-esteem is therefore simply a positive mind-set. We have high self-esteem if we think we have confidence in ourselves, take pride in our abilities, our skills and our knowledge; and if we accept ourselves for who and what we are and believe that we can manage life and overcome its challenges!

A person with low self-esteem, on the contrary, thinks of himself as a letdown to others and considers only his faults and failures to the exclusion of his achievements, which he demeans and tends to make small. He misconstrues that he has no control or say over the progress of his life, its changes and its direction.



WHY DO WE NEED A HEALTHY SELF-ESTEEM?

Every aspect of our lives is affected by our self-esteem or lack of it. This determines to a great extent how we perform at work or school. It also impacts how we interact with family and friends.

Self-esteem also plays a role on the choices we make and helps determine what actions we have to take to make changes in our lives.

For example, a healthy self-esteem enables a person to realize he or she can overcome life's challenges and difficulties by making well-thought-out decisions that will, in turn, manage stresses that accompany these challenges.

On the other hand, a person with a low self-esteem becomes distressed by similar life situations and cannot manage stress and life's challenges for lack of belief in his or her capacity, skill or knowledge, which is a reason for the person to feel anxious, panicky or even become depressed.

MISCONCEPTIONS ABOUT SELF-ESTEEM

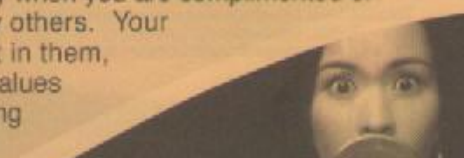
To enhance self-esteem, we must be aware of some common misconceptions about it.

Misconception: Wealth, good looks and popularity enhance one's self-esteem.

Fact: Wealth, popularity and good looks do not remove the potential for stress and anxiety. Think of the celebrities who are richly blessed with these attributes but still become addicts, develop emotional imbalances and resort to illegal drugs to dispel their anxiety and even depression. Developing self-confidence and attaining a positive life-outlook is something that is generated from within us and not brought on by external factors like wealth, celebrity or physical appearance.

Misconception: Other people must approve of me and my ways in order for me to have a higher self-esteem.

Fact: Self-esteem is really what you think of yourself and how much you value your worth. It has nothing to do with what others think of you. Don't believe that you are valued only when you are complimented or given signs of approbation by others. Your self-esteem is in yourself, not in them, and you must keep your own values and beliefs without compromising them just to please others.



HOW DO I BUILD A HEALTHY SELF-ESTEEM?

The following tips can be very helpful in building a healthy self-esteem for you. Follow them starting today.

Know and accept who you are

Assess yourself and recognize and appreciate that you are a singular and unique individual. Accept that you are the most important person in the world as far as you are concerned and at the same time recognize that you have weaknesses just as you have strengths. Consider your strengths by identifying your positive qualities, but accept your limitations even as you take pride of your abilities and strong points. Establish ways of improving your weak points and enhancing your positive features. Make efforts to grow constantly in every way.

Work towards meeting your goals

Establish your goals in specific terms and plan how to achieve them. Determine what are the easiest and the most difficult to achieve and prioritize your actions on getting what you want in the order of your priorities. Your sense of worth will be enhanced every step of the way as you succeed in achieving what you want to achieve.

Setbacks are not failures

It is nearly impossible to succeed completely without some setbacks along the way but remember that these are really opportunities for you to learn and grow. So take these setbacks in stride knowing that they are not failures unless you give up trying. So don't give up, keep trying.

Fight negative thoughts

Along the way to building your self-esteem, you will have to fight negative thoughts. Negative thoughts are but normal in human endeavor. The rule is: do not let negative thoughts demoralize you or defeat you. Arm yourself with all the positive thoughts about yourself that you can muster and use these to oppose and defeat the negative intrusions. If this recurs, repeat the process of thinking positively of yourself and of how you can defeat almost anything if you make up your mind to do so. Remember: your mind is so powerful it can turn negatives into positives and positives into negatives.

Last but not the least

Be patient, understanding and forgiving of yourself. Time and effort are prerequisites to building your self-esteem and you must not be too harsh in judging yourself along the way. Be positive and patient with yourself. Have the will to succeed and you will succeed.

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