



February 2025



February: Boost Your Self-Esteem Month

Every February, we welcome National Boost Your Self-Esteem Month, a dedicated time to reflect on our self-worth and work towards fostering a healthier self-image. This initiative encourages individuals to recognize their value, embrace their strengths, and challenge negative perceptions that can hinder personal growth.

Self-esteem is the perception we have of ourselves, which plays a vital role in our overall mental health and well-being. According to Psychology Today, self-esteem influences our decision-making, stress management, and interpersonal relationships. High self-esteem allows individuals to pursue goals with confidence and resilience, while low self-esteem can lead to anxiety, depression, and a host of other challenges.

Practical Steps to Enhance Self-Esteem

1. **Self-Reflection:** Take time to reflect on your strengths, achievements, and qualities you appreciate about yourself. Keeping a gratitude journal can be an effective way to remind yourself of the positives in your life.
2. **Set Achievable Goals:** Create small, attainable goals that can lead to a sense of accomplishment. Celebrate your successes, no matter how minor they may seem.
3. **Seek Support:** Whether it's through friends, family, or professional counseling, sharing your feelings can provide new perspectives and encouragement. Organizations like Uncovering the National Coalition for Advancing Self-Help and Development (UNCASHD) support mental wellness and self-esteem through community engagement and resources.
4. **Challenge Negative Thoughts:** Be mindful of the critical voice in your head. Practice reframing negative thoughts into more constructive ones. For example, replace "I can't do this" with, "I will do my best."
5. **Engage in Positive Activities:** Invest time in hobbies or activities that make you feel good about yourself. Whether it's art, sports, or volunteering, engaging in what you love can elevate your mood and self-perception.
6. **Practice Self-Compassion:** Treat yourself with the same kindness you would offer a friend. Accept that everyone makes mistakes, and that imperfection is part of being human.

Let this month be an opportunity to embrace your uniqueness, celebrate your achievements, and take steps toward a healthier, more confident you. By understanding the importance of self-esteem and implementing practical strategies, we can cultivate a more positive self-view. Remember, building self-esteem is a journey, and every step counts. Contact your Employee Assistance Program for confidential mental health resources.

Additional Resources

- Magellan Healthcare, [February is Boost Self-Esteem Month](#)
- National Today, [INTERNATIONAL BOOST SELF ESTEEM MONTH](#)
- Psychology Today, [9 Daily Practices to Build Up Your Self-Confidence | Psychology Today](#)

