



## Self-Worth - Mindfulness

### Self-Worth – Mindfulness

If a person wants to work on their self-worth, it means having a mindset open to growth. This means that someone has to be willing to learn new concepts, expand their skillset and likely make some changes in their life to ensure that their self-worth has room to become healthy. A person's wellbeing has to become their priority.

### Wellbeing

Wellbeing is not a fad concept, nor is it a buzzword. Wellbeing is about 'being well' – your overall general health and lifestyle. It's not an expensive product or a retreat at a forest paradise. True wellbeing comprises aspects of how you live your life and feel about yourself. It's about:

- How you feel about yourself (your self-worth)
- Treating yourself well and looking after your body
- Cohabiting well with the people around you
- Living your purpose
- Valuing your life.

With positive wellbeing, a person's resilience and coping skills are stronger, and a person is able to take good care of themselves. They're also aware of personal triggers that might damage self-worth and how to look after themselves when under adverse conditions. When a person understands their own mental health, they're in a greater position to safeguard their overall wellbeing.

### Mindfulness

Mindfulness pairs with wellbeing to maintain good health. When a person is mindful, they're able to slow down and live in the moment. Each decision is carefully considered, and a person has control over their thoughts and feelings. If you're mindful, you can recognise when you're tired, when you're stressed and when you need to take a break. Being mindful can help you:

- Deal with your problems
- Make better decisions
- Manage stress
- Increase brain function
- Slow down panic reactions
- Encourage reasoning and practical thinking
- Give your self-worth time to flourish.



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When a person is mindful, they give their self-worth the space it needs to grow with protection from the conscious mind. The mind will say, 'It's okay. Slow down, relax and be present in the moment.'

### Wellbeing and mindfulness

When you decide to take action to improve your self-worth, and by extension your quality of life, you are making a mindful decision. In committing to better wellbeing, you're demonstrating mindful behaviour. This may involve making lifestyle changes, maybe even changing the way how you think about yourself and others. When changes are made with mindfulness, a person has a better chance of enhancing their wellbeing, rather than damage it. Building and nurturing self-worth is an ongoing commitment. It needs to be tended to regularly, like other areas of our wellbeing, so being mindful about your needs is important.

### Changing for the better

To really succeed at growing self-worth, it's important to acknowledge that change is necessary to the process. You may need to unlearn old thought patterns and behaviours and develop new skills and techniques to allow positive self-worth growth. That doesn't make change any less challenging! Consider how you feel about change.

- Change makes me feel excited about the future.
- Change might make things hard, but I know that it's necessary to make my life better.
- Change is frightening, but it comes with hope for better days.
- I try to find the positives in change.
- I don't try to avoid changes, I embrace them.
- When I'm challenged, I can push on without too much stress.
- I know that my mistakes and failures only serve to make me better.
- I've failed before, but I don't hold it against myself.
- I try to always keep learning, as depth of knowledge makes change easier to understand.
- I like to consider change carefully before going ahead with it.
- I'm generally happy with my choices.

If you know that you need to make changes in your life, apply them mindfully. Have your best interests in mind and the goal of bettering your wellbeing the overall aim behind the changes. Remember, when things stay the same, nothing will ever get better. Some changes might mean that elements of your life are different, but self-worth can't improve without work.



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### Creating lasting change

It's easy to let negative self-talk and excuses stop us from changing. True change will only come when a person is willing. Having goals when trying to change is important, as it gives us a purpose to aim for. Trying to create change with no purpose will lead nowhere and likely make a person feel unhappy. Change starts with small, mindful actions.

### Working to a plan

To reach a goal or to live according to a purpose often requires a plan. For some people it might be measurable, mindful goals. For instance, if you're looking to reduce stress, you might try some mindfulness exercises, ensure you get enough sleep and allow for downtime. Being organised can make this a reality. Consider the following.

- **Assess how things are now.** Look at your life through the lens of your self-worth and reflect on your situation.
- **Identify what needs to change.** Isolate what could be better in your life.
- Educate yourself on your options. You put yourself in a powerful position when you understand what options are ahead of you.
- **Commit to make that change.** Make it so. If you've done your research, you have an awareness, then it's time to take action.
- **Take responsibility for the outcome.** With some changes come consequences. Be mindful in your decisions and take responsibility for yourself and your actions.
- **Take care of yourself.** Don't push yourself too hard during this process. Ensure plenty of downtime.
- **Take time to reflect.** When you hit your milestones, step back and reflect on how your wellbeing has changed. View those changes mindfully and then go back to step one and assess how things are now.

Plans can fail when a person is unable to fully commit, if the plan is too ambitious or we feel it all becomes 'too hard'. Be mindful and start simple. For success to happen, you might need to have these points constantly in mind:

- I acknowledge I need help and to change
- I want my life to improve
- I am committed to changing my life
- I want to feel better about being me
- I'm not worthless and it's time to prove it to myself.



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### Healthy change

As an advocate for preventative mental health measures and having healthy self-worth, we (at The MindShift Foundation) know that when people take better care of themselves, their mental and emotional health has a better chance against adversity. When a person is aware of their own wellbeing and is mindful about how to go about creating change in their lives, the process doesn't have to be so frightening. Improvements to wellbeing through mindful decision-making can lead to healthy self-worth.

### Where to get help

Always remember you are not alone. Your doctor or registered health professionals are there to help you.

Our online resource page also has a full list of organisations where you can get further information. <http://mindshift.org.au/suggested-links/>.

### Things to remember

Change can be frightening, but having a plan, making mindful decisions and operating with the best interests of your overall wellbeing in mind can lead to a better quality of life.

### In Summary

Healthy self-worth can be grown through being mindful and having our own wellbeing at heart of our decision-making. While life can throw challenges at us, when we react mindfully, take the time to slow down and think clearly, we can make better decisions without feeling stressed or anxious. Change doesn't need to be frightening, especially if we have a good understanding about our challenges and make a plan to take things step by step.

### Updates and Further information

For the latest updates and further information please visit [www.mindshift.org.au](http://www.mindshift.org.au).

### Our Mission

It is our mission to ensure that every person has access to the resources available to build healthy self-worth, to have a positive sense of self, and to find meaning in life.



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