



# **Positive Psychology 101: Defense Against Low Self-Esteem**

**By: Alexandria, Cheyenne, & Leah**

# Presenter

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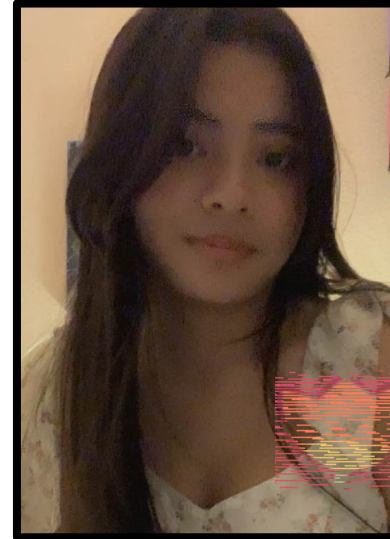
**Alexandria Mercedes Castro**

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**School: Horizon Charter School**

**Years I've Been With CSF: 3 years.**



# Presenter #2

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**Monitor**

**Grade: Senior**

**School: Horizon Charter School**

**Years I've Been With CSF: 3**



# Presenter #3

**Leah Wong**

**Role: Assisting Presenter & Chat**

**Monitor**

**Grade: Senior**

**School: Horizon Charter School**

**Years I've Been With CSF: 3 years.**





**How much do you know about our topic? Let's  
do a quick survey!**

Link: [Survey Link Questionnaire](#)



Link to pre-recorded presentation

**(for the presenters' convenience)**

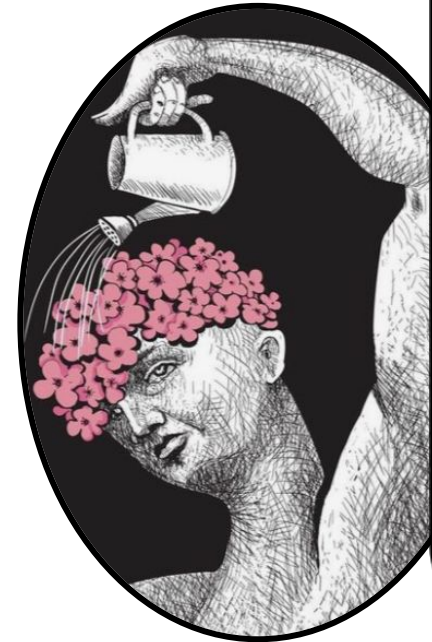
# **Positive Psychology**

# What's Positive Psychology?

- ❑ “Scientific study of human flourishing”

and “an applied approach to optimal function”

- ❑ Grounded in the belief that people want to better themselves and the quality of their lives





# Factors of Positive Psychology:

**PERMAH**

Model

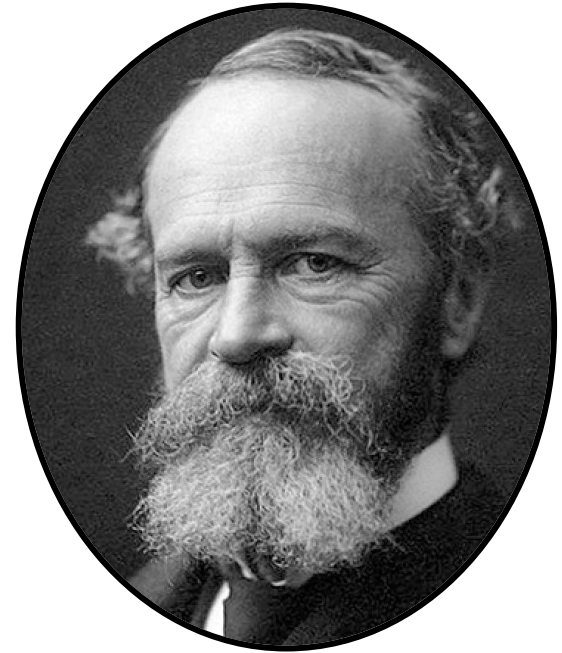
1. **P**ositive emotions
2. **E**ngagement
3. **R**elationships
4. **M**eaning
5. **A**ccomplishment
6. **H**ealth



# What is self-esteem?

William James, the father of American psychology, defines self-esteem as recognizing your self-worth that comes from achieving expectations for activities that you value. He expressed this idea in an equation:

$$\text{Self-esteem} = \frac{\text{Success}}{\text{Pretensions}}$$



# The Main Causes of Low Self

## Estim



### Unhealthy Childhood

Parents or significant figures in your life were very critical



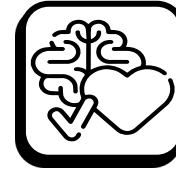
### Medical Issues

Chronic pain or physical disability



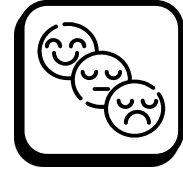
### Poor Academic Performance

Poor academic performances can affect self-esteem



### Poor Mental Health

Anxiety disorder or depression



### Repeated Stressful Events

Broke relationships or financial troubles

# Why should I worry about low

## self-esteem?

- ❑ Negative feelings
- ❑ Relationship problems
- ❑ Low resilience
- ❑ Fear of judging
- ❑ Lack of self-care
- ❑ Self-harming behavior



**How can you combat low  
self-esteem?**

# **The Six Pillars of Self-Esteem**

# First Pillar: Living Consciously

- This pillar focuses on awareness and mindfulness.
- Become more aware of your behavior, thoughts, and feelings, so you can make purposeful decisions.
- Make it a habit to “check in” on yourself to understand your needs, wants, and feelings.
- Practice sentence completion stems to strengthen self-awareness and personal growth.



“(Living consciously) involves seeing things as they are, not as we wish they were...” –Nathaniel Branden

## Try these sentence stems!

“Living consciously to me means...”

“When I think about life, I feel...”

“When I’m afraid, I tend to...”

“I feel most alive when I...”

# Second Pillar: Self–Acceptance

- This pillar focuses on accepting one's self without judgement.
- Cultivate a kind, supportive inner voice rather than a critical one.
- Understand that striving for perfection is impossible.
- Forgive your past mistakes or perceived failures, they don't define who you are.
- Remember to catch yourself when you're being overly self–critical.
- Your value doesn't depend on external approval, it depends on who you are as a human being.



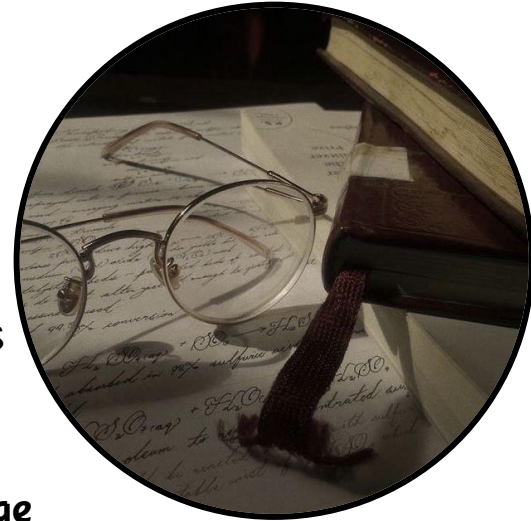
**“We can run not only from our dark side, but also from our bright side...”–Nathaniel Branden**



# Third Pillar: Self–Responsibility

“I am responsible for my choices and actions...To be responsible [is] not the recipient of moral blame or guilt, but responsible as the chief causal agent in my life and behavior.”—Nathaniel Branden

- This pillar focuses on taking responsibility of your life.
- Acknowledge that you are in charge of your decisions, actions, and how you react to adversaries.
- Understand that you can't change others, but you can change yourself.
- Be honest about your mistakes and address them without blaming others or external circumstances.
- Personal growth is a result of your efforts; don't wait for others to change you.



# Fourth Pillar:

## Self-Assertiveness

This pillar focuses on setting boundaries and having self-respect.

- Be REAL.
- Remember you have the right to say no.
- Say what you mean and voice your opinions without regret.
- Being assertive is different from being aggressive.

“To practice self-assertiveness is to live authentically, to speak and act from my innermost convictions and feelings—as way of life, as rule.”—Nathaniel Branden



# Fifth Pillar: Living Purposefully

- This pillar focuses on setting and pursuing meaningful goals.
- Have a clear sense of direction; what do you value most in life?
- Take intentional steps toward your goal.
- Living with purpose keeps you resilient and focused on what matters most to you.
- Purposely living will create a sense of balance and fulfillment.



**“To live purposefully is to use our power for the attainment of goals we have selected...It is our goals that lead us forward, that call on the exercise of our faculties, that energize our existence.” –Nathaniel Branden**

# Sixth Pillar: Personal Integrity

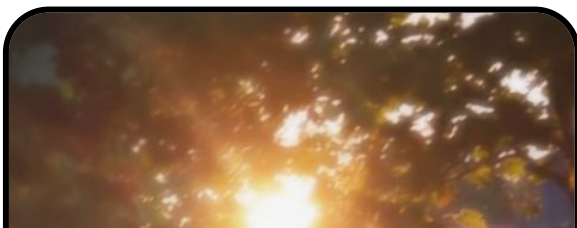
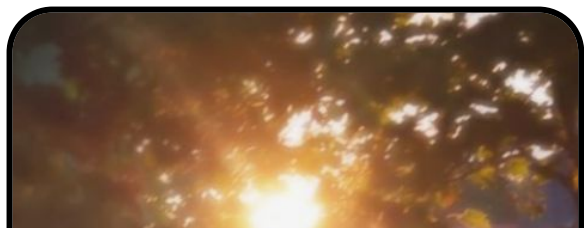
- This pillar focuses on aligning your ideals with your behavior.
- Personal integrity builds trust with yourself and others.
- Be the same person regardless of the circumstance you're in.
- It takes courage to uphold your values.
- Having integrity creates inner peace.

**“Integrity is the integration of ideals, convictions, standards, beliefs—and behavior. When our behavior is congruent with our professed values...We have integrity.” – Nathaniel Branden**

# Small Improvements, Significant Outcomes

- **These six pillars exist as a guide, you don't have to follow them to the T.**
- **Remember to celebrate your achievements, whether they are big or small. They are results nonetheless.**
- **Self-esteem isn't just a feeling, it's a practice that can be learned with effort and self-reflection!**





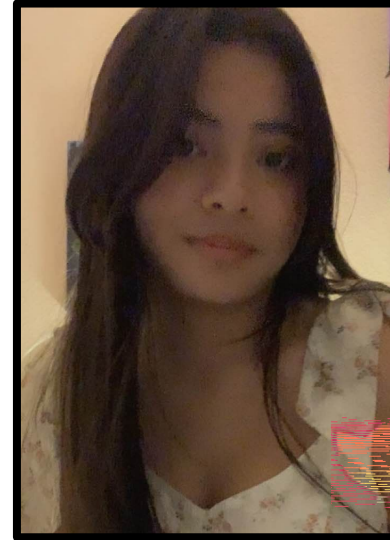
**How has positive psychology helped us in CSF and professional settings?**



# Self Testimonies

## Alexandria Mercedes Castro

Learning about positive psychology has helped me understand most of my triggers and my glimmers. Before, I used to think I wasn't good enough; I focused so much on my shortcomings that I forgot to also focus on what makes me great. I then realized that I needed to practice self-acceptance. Now I find myself comfortable with providing more ideas and leading others in CSF.



# Self Testimonies

## Cheyenne Candelaria

Positive psychology has **benefited** me professionally by allowing me to be less timid, not stutter, and be more outgoing in speaking. It has benefited me in CSF when talking to peers, teachers, and students when presenting my ideas or socializing with scholars. It has helped me professionally when applying for jobs and volunteering at church as a craft teacher every week. Overall, positive psychology has changed me as a person as well; one that I am happy to be today.





# Self Testimonies

## Leah Wong

Positive psychology has given me a new perspective on how I view myself and others. I'm made aware that my actions and mindset can impact not just myself, but others around me. Because it seeks to build up the lives of both others and my own, applying positive psychology principles has allowed for me to create a healthier, positive atmosphere, whether it be in school, in extracurriculars, or in my personal life. Using these principles has altered my work ethic, goals, and expectations, all for the better. Because of this, I'm able to make helpful contributions to my school and my CSF chapter, in hopes that what I've learned will help others, too.

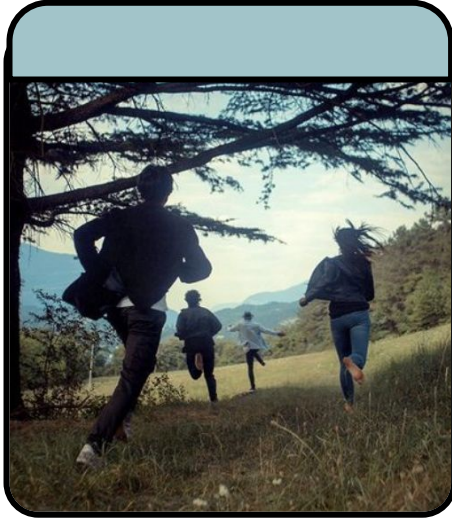
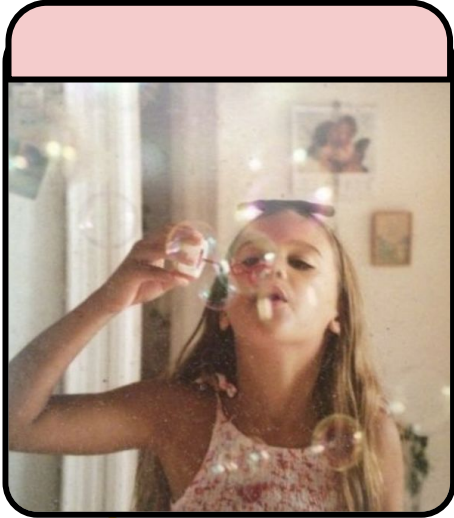


# Have any questions and/or comments?

come to unmute or drop them in the chat!



# Thanks for tuning in!!



★ *let us know if this presentation was helpful!* ★

[wanna chat more w/ alexandria? click here and send her a follow on instagram!](#)

# Sources

[What is Positive Psychology?](#)

[Self-Esteem and Positive Psychology: A Guide to Happiness](#)

[The 6 Pillars of Self-Esteem](#)

[Self esteem](#)