

WAYS TO CHANGE SELF PERSPECTIVE



Youth Employees from left to right: Kennedy Maturino, Braley Hix, Rylee Gellner, Jentri Price, Rileyanne Hawpe, Mia Nanita *Not Pictured: Addi Price*

Words of Affirmation

Affirmative statements involve acknowledging one's strengths or complementing one's appearance or personality. Over time, this practice can alter one's self-perception. Rileyanne Hawpe reinforces her strengths and focuses on improving areas she perceives as weak. This approach enables her to enhance her confidence by addressing her perceived shortcomings.

Removing Yourself From a Toxic Environment

Eliminating oneself from a toxic environment is advantageous in eradicating any toxic or detrimental relationships and thoughts that an individual may be experiencing. In Mia Nanita's case, removing herself from toxic friendships led to an improvement in her self-esteem and self-perception. By distancing herself from those who made her feel unwanted, Mia was able to develop self-confidence and adopt a more positive outlook on herself.

Self Care

Self-care is an effective means of taking time to engage in activities that promote personal well-being. By doing so, individuals can relax and cultivate a positive attitude towards themselves. Various forms of self-care include physical exercise, maintaining good hygiene, obtaining adequate sleep, and pursuing enjoyable hobbies. For instance, Kennedy Maturino finds solace in taking a stroll to clear her mind and invigorate her body, resulting in an improved self-image. Conversely, Addison Price prefers to indulge in a soothing bath with scented soaps and a relaxing show, accompanied by a refreshing beverage, to unwind and find happiness. In times of distress, Braley Hix resorts to taking a nap, which often leaves her feeling rejuvenated and in a better mood. Furthermore, self-care encompasses seeking therapy or confiding in a trusted individual. This approach allows individuals to verbalize their emotions and alleviate the burden of suppressing them, ultimately fostering a healthier self-image. Jaxon perceives therapy as an opportune platform for venting emotions or a means to alleviate stress and anxiety.

Limit Social Media

Social media can prove detrimental and engender unfavorable attitudes in one's life. Moreover, it is known to consume a considerable amount of teenagers' time and mental energy on a daily basis. Whenever Rylee Gellner experiences negative emotions or feelings of envy as a result of her social media usage, she reminds herself that the platform presents a superficial depiction of reality. To curtail her tendency to engage in unfavorable comparisons, Gellner restricts her social media usage and engages in alternative activities that provide her with pleasure, such as reading or watching her preferred television shows.

