

Brought to you by Student Development & Counselling Department

UNDERSTANDING SELF-WORTH

What is it?

Self-worth is defined as a sense of one's own value as a human being.

What gives us value?

What do we think about ourselves and our circumstances?

Do we have a healthy or an unhealthy relationship with ourselves?



Sometimes, we may judge ourselves a lot for not being at where we think we should be. We let many factors influence the way we feel about ourselves.

Factors that influence our self-worth includes:



1. Studies and achievements



2. Self-comparison with peers



3. Comparing ourselves on social media



4. Career or Studies



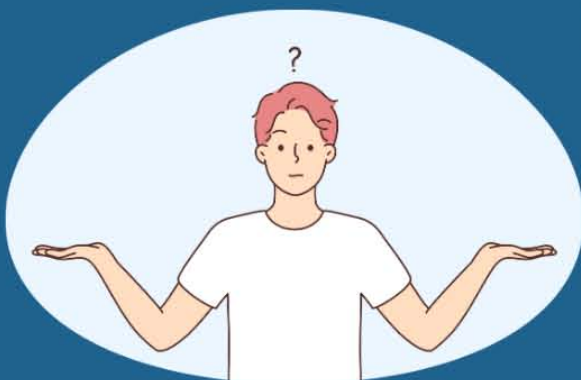
5. Unhealthy relationships



6. Unrealistic goals

Signs to Look For When Someone Struggling with Self-Worth Issues?

- Avoiding social situations
- Changes in behaviour
- Developing unhealthy coping mechanisms
- Self-doubt
- Negative thinking or pessimism
- Lack of boundaries
- Lashing out at others



How do you build your self-worth? How can you also help others who struggle with it?



1. Build positive relationships



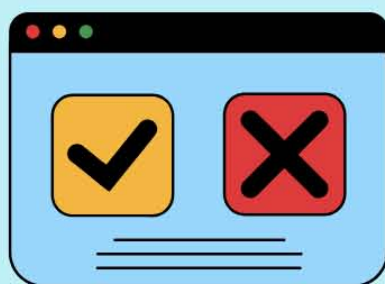
2. Be kinder to ourselves



3. Take things at own pace, lesser self-comparison with others



4. Journal or other self-care activities to reflect on thoughts



5. Establish boundaries, knowing when to say **Yes** or **No**



6. Seeking for professional support through therapy

Counselling is a way to reflect on how you see yourself and process it in a safe space.



If you are interested in attending counselling sessions, we can be contacted here:

Operation hours:

Monday – Friday (9am – 6pm)

Saturday (9am – 1pm)

Phone: 03-91018880

Email:

sacounselling@ucsiuniversity.edu.my

Facebook: UCSI SD CD

Location: Student Affairs and Alumni (SAA), Level 9, Block G, UCSI University (KL Campus)