



## ADDITIONAL INFORMATION ON CARDS REPLIES

### Self-Confidence, Self-Esteem and Assertiveness

01| Self-esteem is used to describe a person's overall subjective sense of personal worth or value. In other words, how much you appreciate and like yourself. It involves a variety of beliefs about yourself, such as the appraisal of your own appearance, beliefs, emotions, and behaviours.

02| Indeed, your Self-Esteem affects the whole range of your human experience. For example, if you have a constant negative image of yourself it is more probably that on the moment to decide to embrace a new challenge, you will, based on your perception, decline due to fear of failing.

03| When you fail or lose something important (which happens to all of us a few times in life), it is always your call to choose how to deal with that depending on the tools you have! So, what are you waiting for to learn effective and healthy tools to deal with the unpleasant part of life?

04| An assertive behaviour involves the affirmation of one's rights and the expression of his/her thoughts, feelings and beliefs directly, honestly and using an appropriate manner and voice tone; but without denying the rights of others.

05| From the classical ones like *One Flew Over the Cuckoo's Nest* (1975), *Good Will Hunting* (1997) or *A Beautiful Mind* (2001) until more modern series and movies as *The Queen's Gambit* (2020), *You* (2019) or *The Perks of Being a Wallflower* (2012) or even animation movies as *Inside Out* (2015).

06| In any conflict, it is important to get clear about what is behind the problem, the rights and responsibility of both parts. In this specific situation, you should assume your responsibility on arriving late, having in consideration the rights of other, but also to stand for yourself in a compassion way (pay attention on your voice tone). You could explore with your friend if his extreme reaction has something else associated.

07| Fake it until you make it is a very good way to increase self-confidence and to help you ignore your negative internal speech. Using body language to fake a confidence posture is proofed to work on an attitudinal level!

08| Many of us struggle with confidence issues. In an age of social media, it can be difficult not to compare ourselves with other people. We might lack confidence at work, in public speaking, or in meeting new people. But the great news is, we can do many things to help boost our self-confidence levels! From body language (Fake it until you make it) to journaling, there are plenty of ways to build trust in ourselves.

09| All animals, like us, have both positive and negative characteristics. Reflecting on why you choose certain animal is an interesting exercise to analyse what characteristics we admire and cultivate them in ourselves.

10| Believing in dreams is fundamental! And sometimes they are closer than you may think. What are your dreams and what could you do to achieve it? Distancing ourselves from the situation like if it was a friend asking us for help, could help you to design a plan and search opportunities to fulfil your dream!

11| Mental health and physical health are fundamentally linked. People living with a serious mental problem are at higher risk of experiencing a wide range of chronic physical conditions. Conversely, people living with chronic physical health conditions experience depression and anxiety at twice the rate of the general population. So take really care of your brain as you take of your body!!

12| The key attitude to have towards oneself is compassion in any given situation! Especially when we are having a hard time independent of the reason for that. It is important to practice the "friend perspective" that is what would we say to a friend if he/she was passing through the same situation? We would have more probability to be kind and not rude, wanting to help and to make our friend feels better. So why are we so hard on oneself?





There is a thin line between wanting to do better and learning from mistakes, and, turning out obsessive about it in an unrealistic and self-destructive way. What can help you to tell the difference?

13| Thoughts are an arising phenomenon and mental activity, you cannot stop them from arising. However, you can choose how to react. If you try to fight or suppress it, it is normal that this mental activity will get more intense. Imagine that you are struggling in the sea, far from the coast, if you continue to swim against the current, you will be tired, but if you float you might have a chance to survive. We advise you to explore, for example, mindfulness techniques to learn how to deal with thoughts, emotions, and all this mental activity!

14| Being on the passive and always delete yourself in the social sphere, you will be more likely to face hard feelings, a depression or even anxiety disorders. When we don't express our individuality, we and the other lost opportunities to grow and create a bidirectional genuine relationship. The solution is assertiveness! Having your rights and needs and also the other's needs to find a common ground.

15| You can make a huge difference by helping someone get the treatment and services they need by: reaching out and letting them know you are available to help; helping them access mental health services; learning and sharing the facts about mental health, especially if you hear something that isn't true; treating them with respect, just as you would anyone else; and, refusing to define them by their diagnosis or using labels such as "crazy"!

16| Sometimes we are our worst critics and we get obsessed in proving that something is wrong with us! When this type of thoughts shows up, some strategies that could be helpful are connected to how you deal with your emotions (ex. accepting), what do you do (ex. breath) and what do you tell yourself (ex. Positive thinking).

17| There is a lot you can do: Find ways to handle stress and improve your self-esteem. Take good care of yourself. Get enough sleep, eat well, and exercise regularly. Reach out to family and friends when times get hard...

18| You should ask for help to a psychologist or psychiatrist. Anxiety or Depression is a real clinical condition that has treatment as any other disorder. Your treatment should be tailored to best suit your symptoms and overall health, a combination of medication, psychotherapy, and lifestyle changes is often used to help alleviate symptoms of depression and anxiety.

19| Print a set of motivational quotes and hang them in a place where you would read them every day. It really can make a difference in your day!

20| Milestones can be so important to remember our strengths and resources and to give us some motivation and vision! That is why we have photo in frames, medals, or even keep that ticket from a very special time you went to a cinema.

21| Maybe good listener, good advisor, make them laugh, well the question is: do you recognize that in yourself? How do you deal with compliments? Normally, we tend to deny without realizing that we are rejecting the other that just wants to share something he recognizes in you.

22| Recognizing in us our own strengths is crucial to guide our decisions, to help us search and grab opportunities, but also to compensate for our vulnerabilities. And remember that everyone has good and aspects to work in oneself!

23| A good example can be an episode where: you talked openly about own desires and needs; you said "No"; you opened about your feelings; etc. and that has, for your surprise, ended the conflict and it brought benefits for the relationship!

24| Either a family member or a famous person, having references is crucial! Having real references that shows perseverance, values but also that they also fail, is important to help you be the best version of yourself!





25| You have infinite books that can help each one of us to rethink our mental health. Here are some good examples: *When Things Fall Apart* by Pema Chödrön; *Emotional First Aid* by Guy Winch, Ph.D.; *Man's Search for Meaning* by Viktor E. Frankl, Ph.D.; *Notes to Self: A Journal for Self-Care* by Lisa Currie; *The Assertiveness Workbook* by Randy J. Paterson, Ph.D..

26| Mental health is an important part of overall health and well-being. Don't forget to take good care of yourself!

27| To prevent diseases, you try to eat well and maybe do some exercise. And what about your mental health, do you take the necessary "vitamins" like find time to do what you love?

28| Assertiveness can set you free and help you to cultivate real and satisfactory relationships!!

29| Mental illness can be PREVENTED and treated. Research shows that people with mental illness can get better and many recover completely.

30| It can happen to everyone. Prevention is a MUST!

