

GOANNA ACADEMY RESOURCES

Part 2: Supporting Others & Self-Esteem

Supporting Others

Supporting someone with their mental health involves a multi-faceted approach centered around care, presence, and boundaries:

- **Active listening without judgment:** Creating a safe space for them to open up.
- **Consistent check-ins:** Letting them know they are not alone through ongoing contact.
- **Offering practical help:** Assisting with daily tasks or scheduling professional appointments.
- **Encourage professional help:** Gently guiding them toward experts when necessary.
- **Prioritize your own well-being:** Ensuring you establish boundaries to avoid burnout.

What is Self-Esteem?

"Your overall sense of personal worth or value. How much you appreciate & like yourself, regardless of your circumstances."

Self-Esteem is how we feel about ourselves regardless of what people say about us. It is incredibly important for our mental health, as having higher self-esteem and confidence has a direct positive effect on our general wellbeing.