**Improving self esteem:**

WE WILL Either Mix it in or Do Specific Groups to address this need

MIX IT IN:

**20 ways to improve self‐esteem**

Some may work for folks and others may not but if you persevere you will notice a change in self esteem.

From this list, which can you help with in your facility/groups?

1. Think positively (fake it till you make it)

2. Focus on your achievements and skills

3. Try not to always follow other people’s ideas or trends aka try your own

4. Acknowledge and enjoy your accomplishments, big or small

5. Make a list of all the things you like about yourself

6. Be kind to yourself (re‐train your self talk)

7. Forgive yourself if something doesn’t go to plan

8. Avoid comparing yourself to others

9. Try not to set unrealistic standards for yourself aka set realistic goals

10. Focus on your strengths

11. Change your inner voice from negative to constructive (eg. from ‘I’ve got crap hair’ to ‘I’m having a

bad hair day ‐ hopefully tomorrow will be better)

12. Accept yourself – the way you feel, look and everything you’ve done

13. If someone is not being a good friend – walk away

14. Get physically active and get some endorphins

15. Spend time looking after yourself, doing nice things for you

16. Learn from mistakes

17. Take opportunities and try new things

18. Set some boundaries for people in your life (eg. I won’t accept people being rude to me)

19. Give your opinion confidently

20. Spend time with people who respect and listen to you

**Specific Groups**

 Poetry, fill in the blank or interpretation

 Penny Ante, Loaded questions, etc

 Emotional Expression through art/music (meaning of colors)

 Mandalas

 Thought of the Day \*easy to mix in

 Short Story reading/writing

 How are you feeling? Fun cards/books

 TED talks

 Group add‐on story with pictures to start it

 Art/Craft show to display talents or Talent Show

 Mourning group

 Remembrance Group

 Scrapbook of feelings/hope

 Soapbox sharing

 Photo Shoot \*Fun for families too

 Chinese horoscopes

 Birthday Meanings

 Mad gab

 Trivial Pursuit Baby Boomers

 Life Purpose

\*Scope of Practice – encourage emotional expression but refer to social work or psychologist when

needed

As you find yourself mixing these groups and ideas in to your program, you will find that we can make a

difference in raising the self‐esteem of our residents/patients.

In a study comparing meaningful activities vs. pleasure seeking activities, “they found that the more

people participated in meaningful activities, the happier they were and the more purposeful their lives

felt. Pleasure‐seeking behaviors, on the other hand, did not make people happier.”

“Research indicates that those who consistently help other people experience less depression, greater

calm, fewer pains and better health. They may even live longer.”

“Providing emotional support to others significantly decreased the harmful health effects of certain

kinds of stress among older people”

We are going to implement this idea through:

1) Mix it in

2) Resident‐lead

3) Specific service projects

**MIX IN:**

 Help set up for groups, parties – with supplies

 Help organize

 Help clean up i.e. Hillside after cooking

 Help invite… (positive peer pressure)

 Help decorate

 Help with group (i.e. keep track of points)

**RESIDENT LEAD:**

 Literary Appreciation

 BINGO

 Movies

 Volunteering

 Reading to others

 Share talent/teach talent

 Building greeter

 How to

**SERVICE PROJECTS:**

 Blankets or quilts

 Blocks of wood for toys: sand and/or paint, dice

 Clothes drive, toiletries drive, Christmas drive for kids, etc.

 Thank you cards to staff / appreciation social

 Thank you to firefighters treat/van ride (or cops, etc)

 Intergenerational groups: read together, craft together, adopt a grandkid

 Recycling effort

 Use less energy effort

 Collect box tops

 Collect yogurt lids

 Pen pals

 Thank you letters to vets/armed forces

 Read‐a‐thon/Dance‐a‐thon for a cause

 Heart attack (door)

 Gardening

 Letters of encouragement

 Group cook book

 Bake sale for Alzheimer’s association

 Random acts of kindness van ride or day

 Make a tree or gingerbread house for festival of trees

 During July on National Cheer‐Up Day, share a smile and cheer someone up.

 Facility clothes repair/fix button/mend

 Plant a tree on Arbor day

 Scrapbook of experiences / traditions

 Offer a safety workshop for fireworks before firework show

 Sponsor a TV blackout event people spend time together

 Make art packets for shelter

 Contact your legislators on issues close to your heart.

 Bird houses for native species

 Make dog biscuits for visiting pets

 Pinecone birdfeeders

 Make cloth grocery bags so you don’t use plastic on van rides

 Practice the 3 R's in your facility: Reduce, recycle, reuse.

 Jingle Boxes

 Huggies scarf/pillows

 Pillow cases – embroider

WHAT ARE YOUR RESIDENT’S/PATIENT’S STRENGTHS/ TALENTS? HOW CAN WE USE THEM TO HELP

OTHERS IN OUR FACILITY/OUT?

**Considerations**:

Don’t have materials? Ask for donations

Ask for scout projects/eagle projects

Get family involved as much as possible

Challenge to let them help? More work? Yes but it’s totally worth it