

Self-esteem

Self-esteem and self-worth issues are common. Students are generally leaving home for the first time and are immersed into a world of different experiences. Although this time can be exciting, it can also be hard to navigate.

- Do you struggle with negative self talk?
- Do you ever feel like no one likes you?
- Do consider other people as having it all together, while you feel like you are barely making it through the day?
- Do you compare yourself to others?

These are all common symptoms and thoughts for someone struggling with their worth. Here are some initial tips to begin improving your self-worth:

- Be aware of how you are talking about and thinking about yourself. Click on this link to find out more. > [link to stinkin thinkin](#)
- Practice new thoughts about yourself. "I am a unique design, worthy of love and compassion. I have great value. It's ok if I make mistakes, I can also make amends and learn and grow."
- Surround yourself with people who are supportive and help you see your value.
- Learn about yourself. Figure out what you like, what your values are and who you want to be.

While you can sometimes manage this on your own, it can also be incredibly helpful to talk this out with a counselor. The GCU Office of Student Care have counselors who provide short term, individual and group counseling where you can gain helpful support in learning to manage stress. Please come to our office on the second floor of Building 26 to make an appointment. You can also click on the [How to Make an Appointment](#) link on the Student Care web page.