

EMOTIONAL WELLNESS FOR TEENAGERS

**DELIVERED TO STUDENTS OF BRIDGE
HOUSE COLLEGE, IKOYI**

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MEET ME

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CLASS PHILOSOPHY

VULNERABILITY

HONESTY

CONFIDENTIALITY

STRENGTHENING YOUR SELF-CONCEPT

- Your self-concept is the all-encompassing idea you have about who you are as a person.
- It is your personal belief about who you are. It is your answer to the question “Who am I?”

Self-concept is a sum of several other interrelated constructs such as

Self-image

The way you think about yourself, as well as the way you think others think about you.

Self-confidence

Trusting in your abilities to perform in any situation you find yourself.

Self-esteem:

The way in which we evaluate ourselves in terms of our qualities and attributes.

Self-efficacy

The belief you have in your ability to meet a challenge and complete a task successfully. (More specific than self-confidence)

Self-worth

The sense of value and worth you attach to yourself as a person regardless of how you evaluate your traits.

Signs of Negative Self-concept

- You constantly doubt yourself.
- You don't believe you are valuable to the people around you.
- You struggle with believing that someone will actually love you.
- You can't accept compliments without feeling skeptical.
- You settle for less than you deserve in relationships and opportunities because you think that that's what you deserve.
- You have a victim mentality i.e. you constantly blame other people for the unhappiness you feel.
- You value other people's opinions above your own.

Examples of positive self-concept

- ❑ *A man sees himself as competent and hardworking.*
- ❑ *A woman thinks of herself as intelligent and deserving of opportunities.*
- ❑ *A person perceives themselves as important in his/her social circle.*

Examples of negative self-concept

- ❑ *A person perceives themselves as stupid and slow.*
- ❑ *A woman thinks she doesn't merit certain positions.*
- ❑ *A man views himself as a lazy and incompetent employee.*
- ❑ *A man see himself as undesirable and unattractive.*

CASE STUDY

IMPORTANCE OF DEVELOPING A POSITIVE SELF- CONCEPT

- ❑ It helps you remove toxic people and habits from your life.
- ❑ It helps you become confident.
- ❑ It helps you find meaning in your life.
- ❑ It helps you love and respect yourself.
- ❑ It boosts mental well-being.

DEVELOPING A POSITIVE SELF- CONCEPT

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- Practice positive self-talk.
- Stop comparing yourself to others.
- Appreciate yourself for who you are.
- Stop comparing yourself with others. You are you and they are they.
- Stop looking to external things to validate you.

DEVELOPING A POSITIVE SELF-CONCEPT

- ❑ Stop criticizing yourself and forgive yourself for your past mistakes.
- ❑ Accept yourself unconditionally – your flaws and imperfections.
- ❑ Don't allow the things you don't have define you.
- ❑ Take regular inventories of your strengths and celebrate them.
- ❑ Confront your cognitive distortions.

ACTIVITY TIME

**Download the worksheet at
www.tolaoladiji.com/resources**

Strength Finder Test

- What are 10 strengths you can think of right away?
- List out 5 achievements you are proud of.
- What are 5 things you are proud of in your life? What do you like about yourself?
- List 5 things that you are good at. That is, what do you do better than others?
- What do you enjoy or love doing? (we usually enjoy what we're good at)
- What small things do you do that you find extremely satisfying? What strengths could this point to? (e.g. organizing a party, helping people feel welcome, remembering to buy cards/gifts).

Self Portrait & “Me” Commercial

- Think of a symbol that you think represents you. This could be anything —an animal, object or other representation that you think defines and describes you. Draw it in your notepad.
- Make a two-minute commercial about yourself. The commercial should focus on your special skills, talents, and positive qualities. It should highlight what is great about you and what you bring to the table.

Take Home Activities

Strength Finder Test

- Ask your 4 of your closest friends and relatives to help you complete 1 - 5 on the strength finder test.

“Highlighting the Positive” Exercise

- Highlighting the positive is all about noticing and sharing the positive things about others (and themselves). To try this activity, gather about four to six of your friends. Pick one person (to start with) and all of you tell that person all the positive things about them. Focus on traits and skills that can be altered (e.g., work ethic, skill in soccer), rather than permanent features (e.g., eyes, skin).
- One person should act as a recorder or videographer, writing down or recording all the positive things that are said about someone. Each member of the group takes a turn, and the recorder gives the individual the list of all the positive things said about them at the end of the activity.

DEVELOPING RESILIENCE

CASE STUDY

***“What doesn’t kill you
only makes you
stronger.”***

- ❑ Resilience is the act of bouncing back or resisting to crack under pressure. It is the process of **adapting** well in the face of adversity, trauma, tragedy, threats or even significant sources of stress.
- ❑ It is a necessary skill for coping with life's **inevitable** obstacles and one of the key ingredients to success.
- ❑ It is a psychological term borrowed from engineering where it refers to the ability of an object to spring back into shape.

- ❑ However, resilient people don't just bounce back, they use a crisis as an opportunity to **grow** and **further** their personal development.
- ❑ N.B.: Resilience is not the absence of distress or difficulty. It is the ability to **adapt** and **grow** following difficulty.

WHY IS RESILIENCE IMPORTANT?

Having resiliency skills minimizes the effect that negative, stressful situations can have on young people.

These skills allow young people to face challenges, learn from them and apply these skills towards living a healthy life.

- ❑ Greater resilience leads to improved learning and academic achievement.
- ❑ Greater resilience is linked to a lower rate of mortality and increased physical health.
- ❑ It offers greater resistance to stress.
- ❑ It boosts the functioning of the immune system.
- ❑ Resilient individuals are faster learners.
- ❑ It helps individuals develop grit – the passion and perseverance to pursue long term goals.

3 Things That Can Hinder Resilience

PERSONALIZATION

Personalizing is a cognitive distortion that makes a person believe they are to blame for every problem.

Someone who customizes things needs to know that other factors play a part in every situation.

A person should take responsibility for a failure, but they should not see themselves as a failure.

PERVASIVENESS

Pervasiveness is the belief that an event will affect all areas of our life instead of just one area.

People who have this mindset may find it hard to carry on with life because they feel there is no way out if their situation.

PERMANENCE

Permanence is the belief that your feelings or situation will last forever. This may cause the person to become overwhelmed. The truth is time passes by, and life's challenges go with it.

Pain and pleasure are temporary. By embracing that truth, an individual can become more understanding of the process of adversity.

The Seven Essential Resiliency Skills

1. EMOTIONAL AWARENESS & SELF-REGULATION

- Ability to identify emotional experiences and control emotional response to external events. Resilient people are comfortable with their feelings and they express a broad array of emotions – happiness, joy, fear, sadness.
- Resilient people don't get “stuck” in an emotion. Although they might feel sad or scared, these feelings don't prevent them from coping with the situation and moving forward.

2. IMPULSE CONTROL

- ❑ We all have impulses to do things and say things – these are not always in our best interest, nor helpful to others.
- ❑ To be resilient doesn't mean to stop these impulses, but it does require you to stop acting on every impulse that does not serve you well. These skills of impulse control can be learned.

3. OPTIMISM

- ❑ Learning the skills of optimism can help protect against depression and anxiety.
- ❑ Optimism involves learning to think positively about the future – even when things go wrong. It's about looking objectively at a situation, making a conscious decision to focus on the good.
- ❑ Optimistic people are happier, more engaged, succeed more and are better problem solvers.

4. FLEXIBLE & ACCURATE THINKING

- ❑ To be resilient requires flexible and accurate thinking, seeing different perspectives. Someone who is resilient can come up with a variety of reasons for being successful in something (multiple factors).
- ❑ Flexible and accurate thinking allows multiple solutions to a problem, having Plan B and C is vital to resilience.

5. EMPATHY

- ❑ The ability to recognize another person's feelings and respond accordingly and respectfully. Understanding another's emotion in relation to that of your own.
- ❑ Empathy assists resilience through developing strong supportive relationships.
- ❑ Understanding other people's feelings / emotions / experiences is particularly helpful when people are experiencing tough times.

6. INGENUITY AND SELF-BELIEF

- The extent to which an individual perceives they are capable of finding solutions to problems that they encounter.

7. CONNECTING & REACHING OUT

- The extent to which an individual is willing to ask others for help and support when dealing with difficult situations.

ACTIVITY TIME

Take the brief test in your worksheet to measure your resilience.

HOW TO DEVELOP RESILIENCE

- ❑ Build strong social connections with family, friends and community.
- ❑ Avoid seeing crises as insurmountable problems.
- ❑ Use events as learning experiences.
- ❑ Replace negative thoughts with positive ones.
- ❑ Create small goals and work towards them.
- ❑ Instead of running away from problems, ask yourself, what action can I take today that will make this problem smaller.
- ❑ Develop a healthy self-concept, especially self-esteem and self-efficacy.
- ❑ Practice self-acceptance.

- ❑ Develop your optimism – use the ABCDE model.
- ❑ Keep things in perspective. Remember that it could be worse.
- ❑ Maintain a hopeful outlook. When we focus on the negatives, we are less likely to find a solution.
- ❑ Practice gratitude.
- ❑ Develop good self-care habits. Allow yourself “mental health breaks” and “time out” regularly.
- ❑ Develop mindfulness. Learn to live in the present. Don’t ruminate on events, which can’t be changed.



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Live Well.

DISCUSSION QUESTIONS

Visit
www.optionb.org/stories
to read people's stories
about resilience.

THANK FOR LISTENING!

Any questions?

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