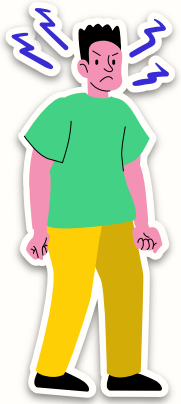
# Understanding Emotions, Building Self Esteem and Developing Emotional Well-being



**"Mind Matters: Adolescent Cognitive and Emotional Well-being"**
**15 Oct, 2026**



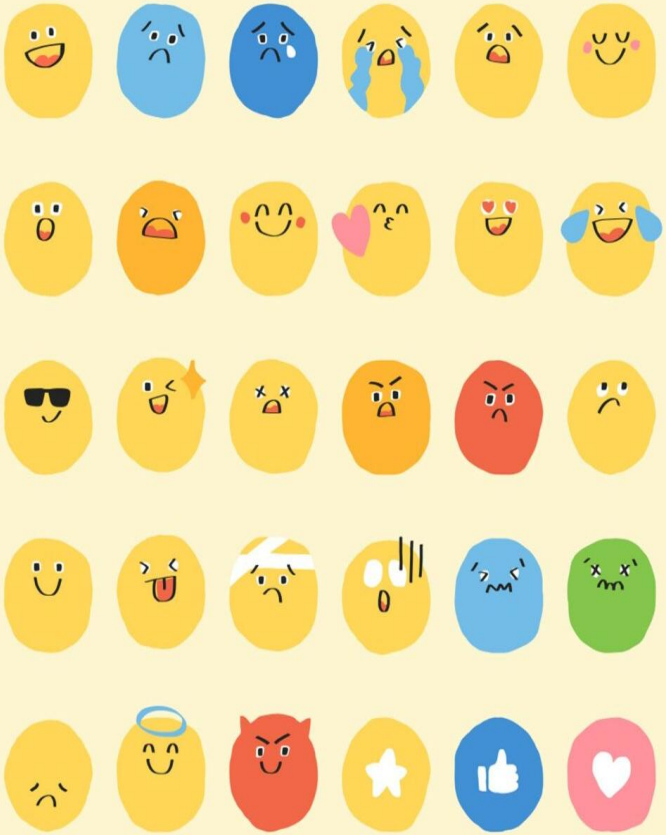





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# What are EMOTIONS?

- Emotions change how we feel
- Emotions are responses to our understanding of situations
- Emotions affect our bodies and behavior



# EMOTIONS and their messages

@wakeupandsmelltherosay

## joy



"THIS IS IMPORTANT TO ME"

## anger



"TAKE ACTION/ DRAW A BOUNDARY"

## surprise



"PAY ATTENTION -THIS IS EXCITING!"

## disgust



"AVOID -- IT'S NOT GOOD FOR YOU"

## shame



"FIND ACCEPTANCE" (WITHIN YOURSELF)

## love



"SOMETHING'S GOING WELL HERE"

## sadness/grief



"YOU NEED SUPPORT & HEALING"

## guilt



"CORRECT YOUR WRONGS"

## FEAR



"PROTECT YOURSELF!"

# Components of Emotions



**Subjective experience**

Emotions are not always felt the same way every time. We can also experience several emotions at once, e.g. excitement as a mix of happiness and nervousness.



**Physiological response**

The changes in the brain and body that occur alongside emotions, e.g. butterflies in the stomach, rapid heartbeat, blushing, crying.



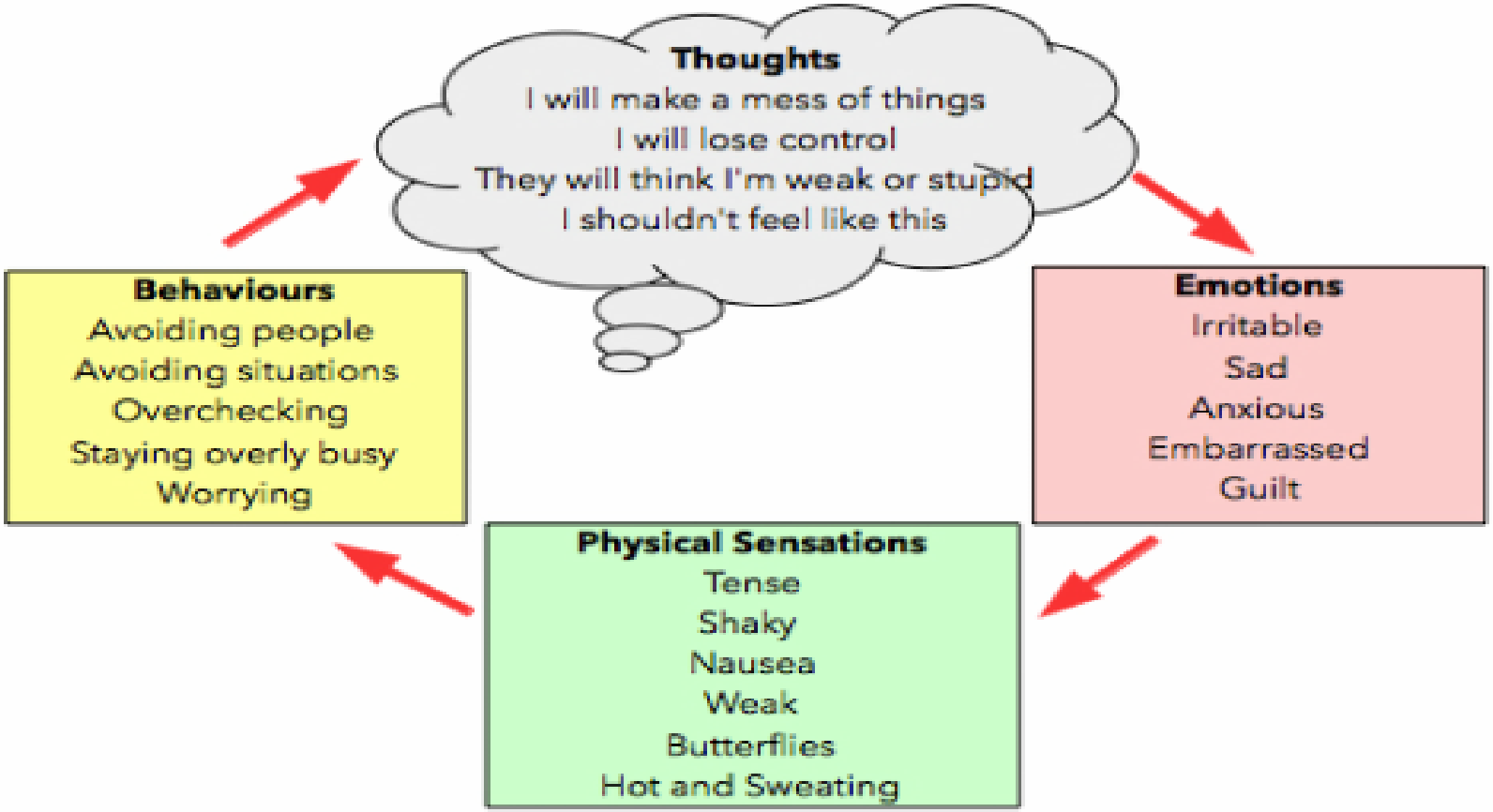
**Behavioural response**

The expression of emotions, whether it's conscious or unconscious, e.g. frowning, smiling, jumping at the sight of a snake, body language.

# Emotional changes during adolescence



# How emotions affect our Thoughts, Behaviour and Body




WHY IT'S IMPORTANT TO TALK ABOUT OUR FEELINGS AND EMOTIONS
@BELIEVEPHQ
Talking to someone about how you are feeling can help you problem solve
Talking about our feelings can reduce stress and anxiety
Talking can help to boost mood when you are feeling low
Talking can help calm us down when we feel angry
Talking is a great tool for looking after our mental health
Talking to someone can help you vent emotions
Talking can encourage others to open up and share
Talking can help bring us closer to family and friends
Talking can help you cope with a problem
Talking about feelings can motivate us to take action



**Emotional Wellness** is the art of managing one's emotions in such a way that the person can live satisfying relationships and live their life happily amidst chaos and challenges.

## Signs of emotional wellness

- Emotional awareness
- Good adaptability
- Awareness of strengths and weaknesses
- Practices gratitude more often





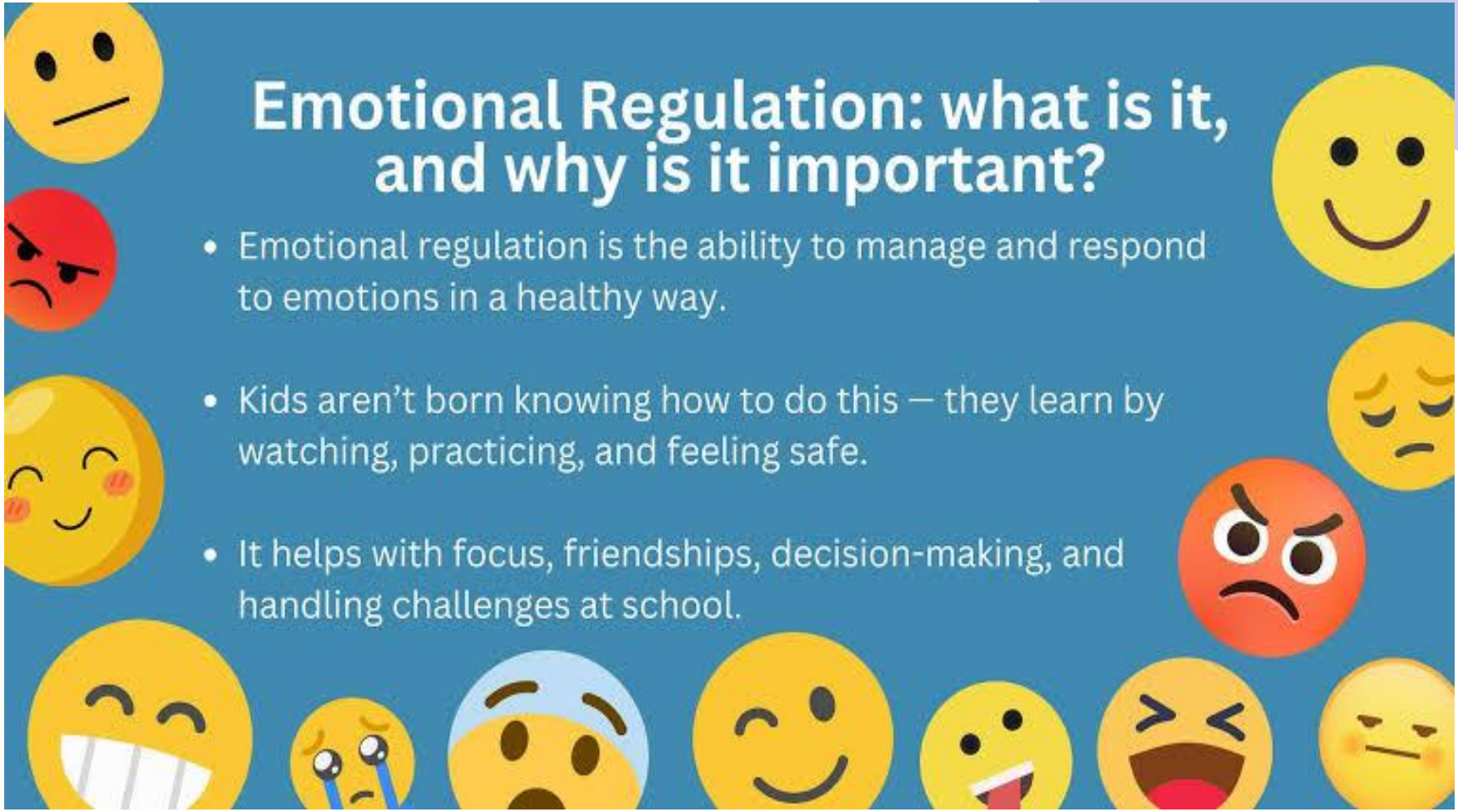
## How to develop emotional wellness?

- Enhance emotional awareness
- Practice positive affirmations
- Good time management
- Let go of resentments



# Emotional Regulation: what is it, and why is it important?

- Emotional regulation is the ability to manage and respond to emotions in a healthy way.
- Kids aren't born knowing how to do this — they learn by watching, practicing, and feeling safe.
- It helps with focus, friendships, decision-making, and handling challenges at school.



# SELF-ESTEEM

Self-esteem is a combination of thoughts and feelings a person has about themselves, and whether those thoughts are positive or negative.

## DEFINITION

Rosenberg (1958) defined self-esteem as "a positive or negative attitude toward a particular object, namely, the self" (p. 30).

In this definition, self-esteem is an opinion about one's self-worth. People with a high self-esteem believe they have high self-worth, whereas people with low self-esteem are more cynical regarding their value.

## EXAMPLE

- **High self-esteem:** A person that likes their personality and thinks they are good at tasks they put their mind to has high self-esteem.
- **Low self-esteem:** A person that thinks they have a lot of flaws and can't do things well has low self-esteem.

# Why Self-Esteem Matters

- **Mental Health Protection:** Strong self-worth acts as a buffer against anxiety, depression, and chronic stress.

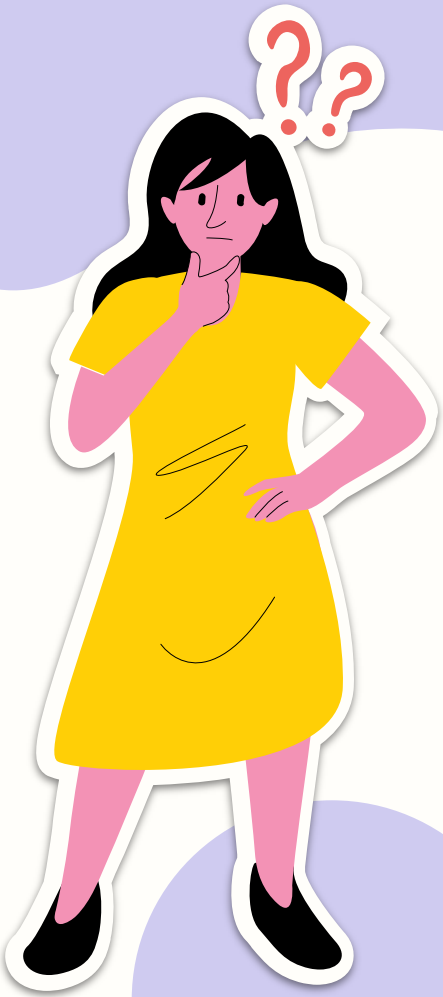
- **Developing Resilience and Coping:** People with healthy self-esteem view mistakes as temporary learning moments rather than proof that they are a "failure".

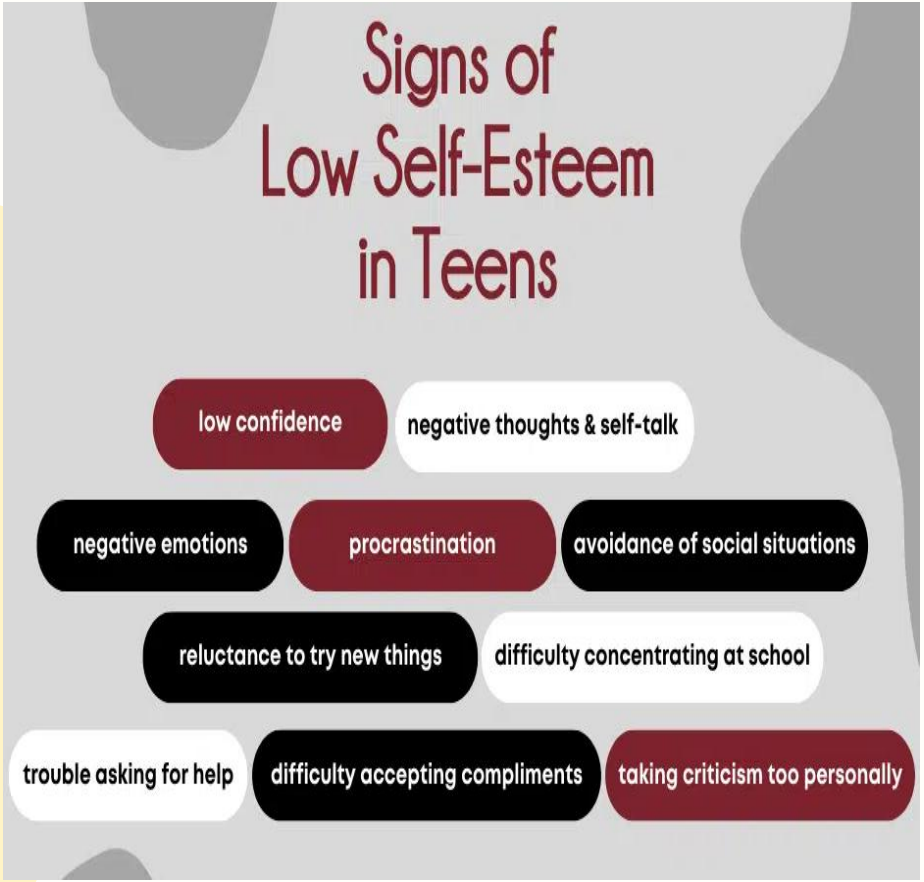
- **Better Relationships:** Valuing yourself makes it easier to set healthy boundaries, communicate assertively, and treat others with respect and compassion.

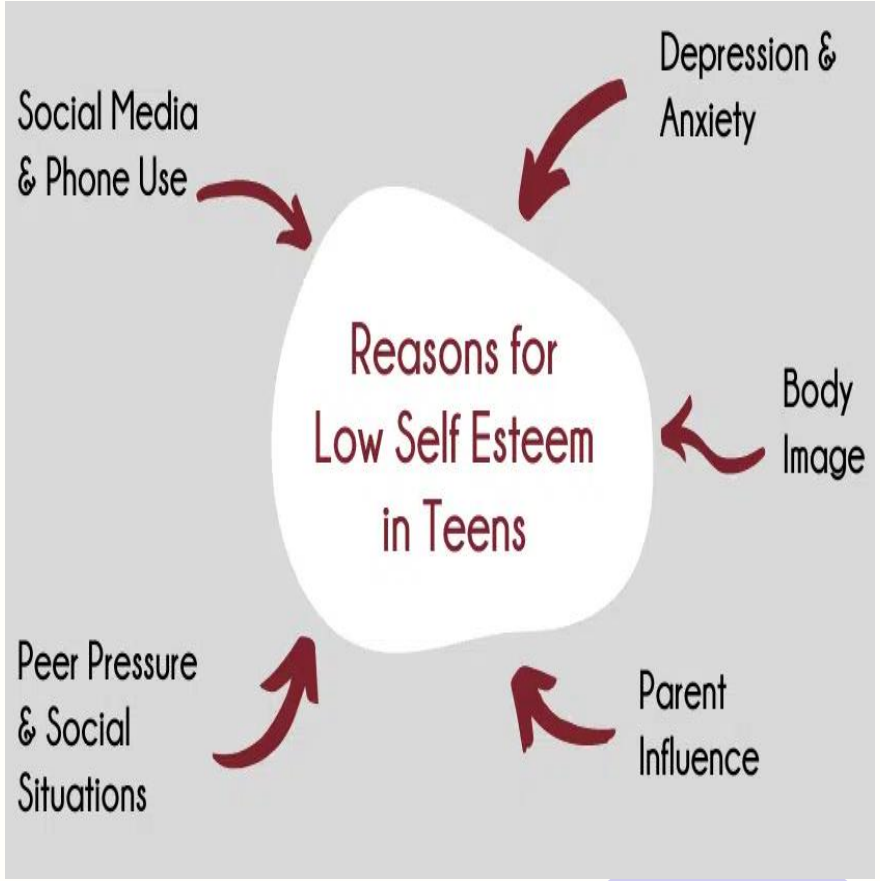
- **Goal Achievement:** Self-esteem gives you the confidence to pursue new opportunities, handle rejection, and stay motivated through setbacks.

- **Physical Health:** Higher self-worth encourages better lifestyle choices, such as regular exercise, balanced nutrition, and seeking timely medical care.

- **Developing confidence** through strengths and achievements




Signs of
Low Self-Esteem
in Teens
low confidence
negative thoughts & self-talk
negative emotions
procrastination
avoidance of social situations
reluctance to try new things
difficulty concentrating at school
trouble asking for help
difficulty accepting compliments
taking criticism too personally


Reasons for
Low Self Esteem
in Teens
Social Media
& Phone Use
Depression &
Anxiety
Body
Image
Peer Pressure
& Social
Situations
Parent
Influence



# IS IT TIME TO SEEK HELP?

Check for these signs:

- [ ] Persistent feelings of sadness or hopelessness
- [ ] Changes in sleep patterns or appetite
- [ ] Difficulty concentrating or making decisions
- [ ] Increased irritability or anger
- [ ] Loss of interest in activities you once enjoyed
- [ ] Thoughts of self-harm or suicide
- [ ] Substance abuse to cope with emotions
- [ ] Strained relationships due to emotional issues

# HELPFUL VS. HARMFUL WAYS TO MANAGE EMOTIONS

## Helpful

- Mindfulness exercises
- Physical activity and sports
- Boundary-setting
- Deep breathing and relaxation
- Journaling
- Going to therapy
- Healthy distractions
- (hobbies and activities)



## Harmful

- Avoidance
- Self-harm
- Emotional eating
- Rumination or overthinking
- Escapism
- Aggression
- Substance abuse



# EMOTIONAL SUPPORT FOR CHILDREN

IOR

## VALIDATION

Acknowledging feelings




## ACTIVE LISTENING

Giving full attention



## EMOTIONAL COACHING

Guiding through emotions




## SECURE ENVIRONMENT

Creating a safe space





## The Role of Parents (The Foundation)

- Unconditional Love and Security
- Fostering Competence
- Process vs. Outcome
- Active Listening

## The Role of Teachers (The Nurturers)

- Planting Seeds of Confidence
- Equitable and Safe Classrooms
- Spotting Hidden Struggles

## The Role of Peers (The Social Mirror)

- Sense of Belonging



# Take-home message

From awareness to action

**01** Feelings are real, but they are not commands.

**02** The body often gives early clues that we need a pause.

**03** Naming an emotion can make it easier to choose a safe response.

**04** Connection, practice and support help emotional skills grow.



**Notice with kindness • Listen without judgement • Connect to support • Follow up**

# Thank You

"Healthy bodies
build strong minds,
and confident minds
build a brighter future."

Let's support our children and adolescents
to move, feel, think and grow —
with confidence, self-worth and well-being.

- Move for Health
- Build Self-Esteem
- Manage Emotions
- Enhance Well-being

Together for a healthier,
happier and more confident generation.

