

# JAMS BAND MINDFULNESS NEWSLETTER: 5/21/2021

Self-esteem: the confidence in one's own worth or abilities. Self-esteem is a very important quality to have and it can certainly be an asset, but lacking self-esteem can be very detrimental to one's mental health and confidence. This can later affect your performance in school, work, or even everyday interactions. Let's learn about what self-esteem is and how to take pride in ourselves through a healthy practice.



This TED talk from Niko Everett is a great way to reframe self-esteem, especially for young teens!

"A flower does not think of competing to the flower next to it. It just blooms."  
~ Zen Shin

[Here](#) is a very effective music playlist for when you are doing activities for self-love and confidence!



Here is a great meditation for self-love that can boost your confidence and make you feel more pride in yourself!



If you think you might have low self-esteem but aren't completely sure, this video is a great resource to better understand your position.



Check out this video from Headspace on how to have natural confidence that feels authentic, rather than forced confidence.

I hope that this newsletter helped you out to better understand self-esteem and confidence, as well as how to recognize the way you express them. Remember that you are unique and amazing, and have a very mindful week!