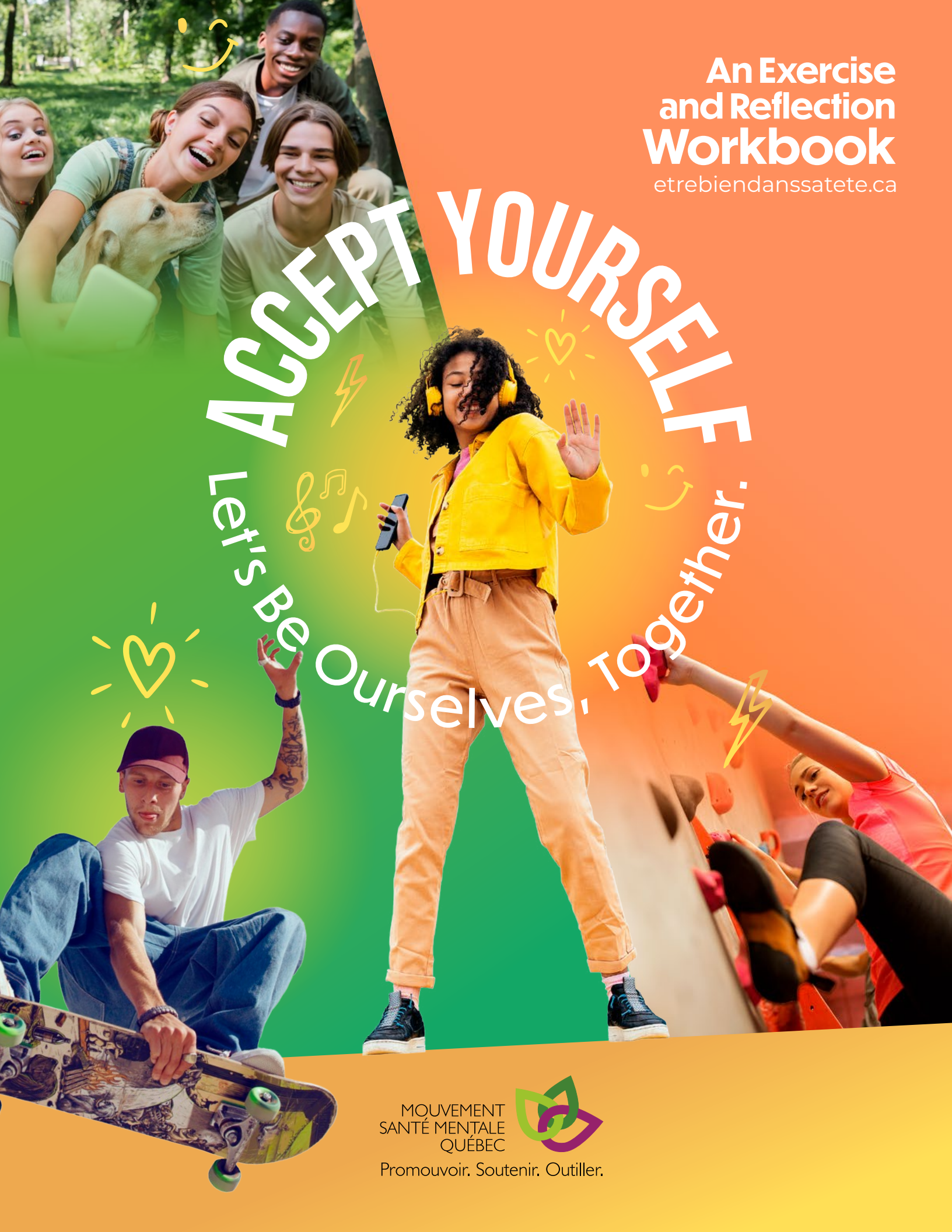


An Exercise  
and Reflection  
**Workbook**  
[etrebiendanssatete.ca](http://etrebiendanssatete.ca)

# ACCEPT YOURSELF Let's Be Ourselves, Together.



MOUVEMENT  
SANTÉ MENTALE  
QUÉBEC



Promouvoir. Soutenir. Outiller.

## IF I WERE...

Here's a short exercise to identify things you like and help you define yourself a bit more.

**Complete the following sentences:**



**If I were an animal**, I would be... \_\_\_\_\_  
because... \_\_\_\_\_

**If I were a character from a comic book or a novel**, I would be... \_\_\_\_\_  
because... \_\_\_\_\_

**If I were a song**, I would be... \_\_\_\_\_  
because... \_\_\_\_\_

**If I were a sport**, I would be... \_\_\_\_\_  
because... \_\_\_\_\_

**If I were a smell**, I would be... \_\_\_\_\_  
because... \_\_\_\_\_

## IT'S OKAY TO MESS UP, THAT'S HOW WE LEVEL UP!

Making a mistake isn't a big deal. We don't just learn from our achievements—we grow from our mistakes, too!

**Describe a situation where you made a mistake.**

**What did you learn or what actions did you take after this experience?**

## MY GOOD SIDE

We're usually pretty at identifying things we don't like about ourselves.

For each thing you don't like, try to develop the reflex of also finding a positive trait as a counterpart.

You have plenty, no doubt about it!



For example:

"I think I'm too short and I make friends easily."

"I'm not very good at math and I have a real talent for music."

**Things you don't like**

**Positive traits**

\_\_\_\_\_ and \_\_\_\_\_

\_\_\_\_\_ and \_\_\_\_\_

## HAVING SELF-ESTEEM MEANS...

- |                                       |   |   |   |   |   |
|---------------------------------------|---|---|---|---|---|
| <b>1</b>   Never being wrong          | <input checked="" type="radio"/> TRUE <input type="radio"/> FALSE | <b>2</b>   Not being afraid of anything | <input checked="" type="radio"/> TRUE <input type="radio"/> FALSE | <b>3</b>   Feeling as though everyone admires you | <input type="radio"/> TRUE <input checked="" type="radio"/> FALSE |
| <b>4</b>   Never doubting your skills | <input checked="" type="radio"/> TRUE <input type="radio"/> FALSE | <b>5</b>   Always knowing what you want | <input checked="" type="radio"/> TRUE <input type="radio"/> FALSE |   |   |

Answers: 1-False / 2-False / 3-False / 4-False / 5-False

Being confident in yourself means feeling like you have control over your own abilities, that you are able to harness them, and that you are good enough. It helps us make decisions, express ourselves and take risks. Because it's affected by our positive and negative experiences, self-confidence also has good and bad days.

## MIRROR MIRROR

Inspired from *Accepting yourself as you are: Self-esteem and body image*<sup>1</sup>.

**Stand in front of a mirror and look at yourself.**

What do you see? \_\_\_\_\_

What feelings come up? What thoughts pop into your mind? \_\_\_\_\_

Would you like to change something? Why? \_\_\_\_\_

What parts of your body do you like? \_\_\_\_\_

Social expectations and ideas of what beauty is can influence how you feel about your own body. There's more than just one beauty standard. Beauty comes from diversity, from the differences that make us all unique.

Focusing on the things you like about your body rather than the things you dislike can help you feel more positive about your body.

Once we do this, we're better able to let go of traditional beauty standards and realize that all kinds of bodies can be beautiful.



<sup>1</sup> Youth in Mind Foundation. *Accepting yourself as you are: Self-esteem and body image*. <https://fondationjeunesentete.org/en/ressource/accepting-yourself-as-you-are-self-esteem-and-body-image/>



## SOCIAL MEDIA AND ME

Inspired from  
*Les écrans et toi*<sup>2</sup>.

### How would you say social media affects you? Barely, moderately or significantly?

Answer the following questions (as honestly as possible 🙄) by checking "Not really" or "That sounds like me."

- |  | Not really               | That sounds like me      |
|--|--------------------------|--------------------------|
| 1   The number of likes you get on your stories and posts is important to you (and you're disappointed when you feel there aren't enough). | <input type="checkbox"/> | <input type="checkbox"/> |
| 2   You compare your life to the lives of celebrities or influencers (and dream of being like them).                                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 3   You often feel sad after spending time on social media.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 4   Your life seems boring when compared to others.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 5   Everyone seems cooler and happier than you.  | <input type="checkbox"/> | <input type="checkbox"/> |

Not  
really

That  
sounds  
like me

It's totally human to compare yourself to others. But did you know that this kind of comparison can have negative effects on your mental health? If you answered "That sounds like me" to at least one of these questions, social media may be having a negative impact on your self-esteem.

### A few tricks to distance yourself from the influence of social media

1. Pay attention to your reactions when you're on social media and recognize, without judging yourself, times when you're comparing yourself to others.
2. Clean up your social media. Follow people and accounts that make you feel good.
3. Avoid touching up your photos. When we compare ourselves to an "improved" version of ourselves, it's hard to like what we see in the mirror.
4. Do offline activities that bring you joy with people that you love.  
Connect with them.

Don't forget that you're a unique person, with your own positive and negative qualities, strengths and challenges. That's a good thing!

**Accepting yourself means being ourselves, together!**



## Social Media

Before logging on today, here are some things to ask yourself:

- What are some positive ways you use social media?
- Have you ever supported or helped a friend who was hurt by something being shared on social media?
- What did you do to help them?
- How would you react if something similar happened to you?
- What could you do to avoid this happening to you?
- Who would you trust to talk with about it?

Our attitudes can encourage or discourage trolls. What will you do next time you receive a photo or video that could hurt someone?

<sup>2</sup> Dayé, Marie-Anne. *Les écrans et toi*,  
Québec, Éditions Midi Trente, 2018.