How to fold your fortune teller:

video tutorial

MOUVEMENT SANTÉ MENTALE QUÉBEC

Promouvoir. Soutenir. Outiller

etrebiendanssatete.ca

“ACCEPT YOURSELF” Mini-Quiz

MULTIPLE CHOICE

Self-esteem means...

1) feeling invincible.
2) recognizing your own value.
3) comparing yourself to others.

Answer: 2) recognizing your own value.

Take it further: Self-esteem means believing in your own value and your right to friendship, love and moments of happiness. It’s the little flame glowing inside of you when you feel proud.

Questions for reflection:

- What do you appreciate about yourself?
- What’s something that made you feel good this past week?

TRUE OR FALSE

Accepting yourself means thinking you’re perfect.

Answer: False. It means accepting your strengths AND your struggles.

Take it further: A ccepting yourself doesn’t mean thinking that you’re perfect. It means having a realistic image of who you are. Just like everyone else, you have your own strengths, skills and challenges. They’re what make you unique!

Questions for reflection:

- What do you think makes you unique? (your experiences, way of thinking, talents, values, etc.)
- Can you name 3 of your strengths?
- Can you name a challenge that you see in yourself?

“ACCEPT YOURSELF” Mini-Quiz

MULTIPLE CHOICE

Self-compassion, means...

1) criticizing yourself so you improve.
2) treating yourself with kindness.
3) detaching from everything.

Answer: 2) treating yourself with kindness.

Take it further: Self-compassion means talking to yourself like you would talk to a friend who is going through something hard. Instead of judging yourself, speak to yourself kindly, especially when you’re dealing with failure or a challenge, or you don’t feel like you’re “good enough.”

Questions for reflection:

- What is your inner voice saying when you don’t feel “good enough”?
- How do you talk to a friend who feels like they’re not “good enough”?

TRUE OR FALSE

Your self-esteem can vary over time.

Answer: True. It is something you build through your experiences.

Take it further: Your perspective on yourself can evolve based on the situations that you experience. Many different things can make your self-esteem stronger or more vulnerable: recognition, challenges, support, caring relationships, but also comparisons from social media, bullying or violence.

With time, repeated positive experience also help construct a more stable foundation that can support self-esteem through the good times and bad.

Questions for reflection:

- What influences your self-esteem?
- What are some situations in which you feel proud of yourself, even just a bit?
- When do you feel good about yourself?

“ACCEPT YOURSELF” Mini-Quiz

TRUE OR FALSE

Everyone can come up with one of their strengths without warning.

Answer: False. 2 out of 3 people can't.

Take it further: Recognizing your own strengths isn’t always easy. But taking the time to identify them can help you know yourself better and support your self-confidence. If you’re having a hard time seeing your own strengths, you can ask someone you trust to name some good qualities they see in you. You can also recognize and name the strengths of the people around you!

Questions for reflection:

- If you asked a person you trust to name one of your strengths, what would they say?
- What is a strength that you see in someone in your social circle?

TRUE OR FALSE

Being hard on yourself is the only way to succeed.

Answer: False. In the long term, being hard on yourself hurts more than it helps.

Take it further: Your potential has more to do with the strengths you already have. Recognizing them and using them helps foster a feeling of accomplishment and skill, which increases your trust in your own abilities. In contrast, being too harsh with yourself can increase your stress and make it harder to learn.

Questions for reflection:

- How do you react when someone criticizes you harshly?
- What could you say to encourage yourself when you’re faced with a challenge?
- What can you do now that you didn’t know how to do before?

“ACCEPT YOURSELF” Mini-Quiz

MULTIPLE CHOICE

Performance anxiety means...

1) fearing failure.
2) putting something off, procrastinating.
3) trusting in your abilities.

Answer: 1) fearing failure.

Take it further: Performance anxiety refers to a fear of doing a task (e.g., an exam or presentation) out of fear of failing or not being good enough. This can happen when you put a lot of pressure on yourself, compare yourself to others, or feel like others’ expectations for you are too high.

It might help to remember that making mistakes is how we learn, that the effort and fun you put in is much more valuable than the outcome, and that learning to recognize your feelings without judging them will help support you. And that, little by little, the pressure you feel can recede.

Questions for reflection:

- What are some situations where you feel pressure to “do things right” or perform?
- What do you do when you feel a lot of pressure to perform?
- How do you react to that pressure?

TRUE OR FALSE

You must always avoid making mistakes.

Answer: False. When you make a mistake, you’re learning!

Take it further: Every one of your experiences has helped develop your preferences, flexibility, skills, self-confidence... basically, your whole personality.

Questions for reflection:

- What’s something you learned because of a mistake you made