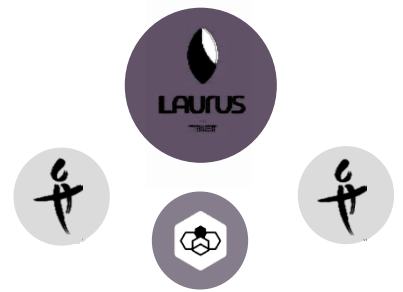


LIBRARY NEWSLETTER

ISSUE 3

WORDS: MRS P
DESIGN: MISS M



THEME OF *Self-Esteem* THE WEEK

Dear Students,

Miss McMillan, Mrs Bond and Mrs Pope are always keen to share with you the many benefits of reading. As well as increasing your grades and improving concentration by exercising your brain, reading can increase empathy, reduce stress, improve sleep and can even help you live longer!

This week we'll take a closer look at how reading can also improve your self-esteem.

BE YOURSELF

"Be yourself, because everyone else is taken."

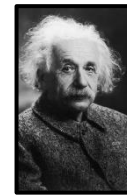


Oscar Wilde's quote may be famous, but this isn't always easy in a society where there are so many pressures to look and behave in a certain way, especially if you are a teenager. It takes great courage to not follow the crowd and it is a real challenge to accept ourselves for who we are.

QUIETLY CONFIDENT

So how can we acknowledge and accept our uniqueness without showing off or comparing ourselves to others? It's very easy to be fooled into thinking that everyone else is more talented and more confident and then put yourself down. Especially at the moment when keeping in contact through social media means that people can filter how they are presented. However it is often the people who shout the loudest and appear confident and popular who are insecure about themselves.

YOU'RE A GENIUS!



"Everybody is a genius. But if you judge a fish by its ability to climb a tree it will live its whole life thinking it is stupid".

Albert Einstein recognised that it was not helpful to compare ourselves to others. Everyone is different and unique. The world would be a very boring place if we were all the same!

POSITIVE THOUGHTS

How can we feel good about ourselves & value ourselves? Our self-esteem is affected by what we think and believe, so be careful how you talk about yourself! Your mind has the power to motivate or demotivate you. How many times have you concentrated on the things you have got wrong rather than what you have got right? Or been quick to accept criticism and then dwell on it? Negative thoughts can weigh us down and increase feelings of low self-esteem. Comments like "I can't do it!" can hold you back from even trying. Try to filter our negative thoughts & focus on the positive.

BE KIND

Be kind to yourself. We're not perfect. Everyone is a work in progress – not the finished article. You may not have discovered your talents... yet. We've all made mistakes and will continue to do so. That's okay. We need to make mistakes in order to learn. Consider how you would talk to a close friend and make sure you talk to yourself in the same way: don't be too hard on yourself. Self-esteem is about feeling good about ourselves and choosing to look at things in a more positive way.

TOP RESOURCES

If you're struggling with low self-esteem, here's a few websites that might help:

www.childline.org.uk/info-advice/your-feelings/feelings-emotions/building-confidence-self-esteem/

www.annafreud.org/on-my-mind/self-care/

www.worldbookday.com/resource/looking-after-yourself-brilliant-reading-ideas/

READING BOOSTS SELF-ESTEEM

People who read regularly for pleasure have greater levels of self-esteem, are less stressed, and can cope better with difficult situations. Why? Reading about other people's lives can give you an insight into how other people feel and cope with a variety of situations that you may or may not have experienced. You can find characters that you relate to and recognise yourself in. This helps you to understand why some people behave the way they do and increases your empathy! Non-fiction books can also give you lots of great tips on how to value and take care of yourself. Mostly a great book can show us that we are not alone in the way we think or feel.

All these benefits can be gained by reading just 30 minutes a week!
(Although of course your Librarians would love you to read more than that...)

LIBRARIAN'S CORNER

This week, we're sharing our favourite reads for enhancing empathy!

Miss M recommends **Being Miss Nobody**, by Tamsin Winter – a brilliant read about finding your voice.

Mrs P recommends Sarah Crossan's **Toffee**, a book about two very different people losing and finding their identity.

Mrs B recommends **The Unforgotten Coat** by Frank Cottrell Boyce – a story about being kind to refugees. Warning: it might make you cry!