

Welcome!

# Introduction Round

# Group Rules

1. Be respectful to one another (for example, let others finish speaking).
2. You can decide for yourself what you want to share.
3. If you need a break or would like to leave the group, please leave the room quietly without disturbing the group.

# Metacognitive Training (MCT)



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**Meta:** comes from the Greek word for “about”

**Cognition:** comes from the Latin word for “thinking”

**Metacognition:** Thinking about thinking

# Why MCT?

- Experiencing mental health difficulties can make negative thought patterns stronger.
- Many of these thought patterns can be changed through training.

# Today's Training Session: Self-Esteem

# Exercise

Goal:

Recognize personal strengths



What do you like about yourself?

What are you good at?

Think of an example for each!

Background

# Self-Esteem: What is it?

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- The value of our own worth that we give to ourselves.
- It is a **subjective** evaluation.
- We often think that our self-esteem depends on what other people think about us.
  - **That's not true!**

# Low Self-Esteem Affects Mental Health

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- For example, some people affected by psychosis (but not all) feel persecuted or harassed. This can lower self-esteem.
- BUT: Everyone has strengths that they can be proud of!  
Sometimes you have to discover these strengths first!

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- Self-esteem has multiple sources.
- It can have varying degrees of strength in different areas of life.
- Different areas of life can include:  
    Job, appearance, recreation, relationships
- What's important: We all have our own personal strengths!  
We should look for these strengths in these different areas from time to time.

# Sources of Self-Esteem

- Even if things are not going well in **one** area of life, for example you think, "*I can't find a job*" (profession), things can be going well in **another** area, such as: "*I've started working out*" (recreation).

# Sources of Self-Esteem

- One particular area can have both positive and negative aspects.

For example:

*"I don't really like my hair, but I do like my eyes."* (Appearance)



# Sources of Self-Esteem

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What are you good at in this area?

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What are you good at in this area?

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Examples:

- *"I often listen to my friends talking about their problems."* (relationships)
- *"I've finally finished a book that I've been meaning to read for a long time."* (leisure)

# Training Session Goals

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- Understand what self-esteem is and that it's importance for mental health.
- Become aware of your own personal strengths.
- Learn how you can increase your self-esteem.

# Exercise

Goal:

Realize that posture is also related to self-esteem

# Exercise

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- Look down slightly, let your arms dangle loosely, hunch your shoulders, slouch.

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How does it feel?



# Exercise

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**How does it feel?**

# Exercise

- You were probably standing more upright and confidently.
- Body language that appears confident (upright posture, eye contact, clear voice) also increases real self-confidence.

Background

# Realizing Personal Strengths

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Why do we sometimes find it difficult to recognize our own strengths?

- Problematic assumption: “*Don’t toot your own horn*” (Don't brag about yourself).
- While experiencing mental health issues, it can be harder to both show and recognize your own strengths.

# Realizing Personal Strengths

Finding "Lost" Treasures



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- Think about real situations where you succeeded or did something well. Maybe you received compliments for it. These can also be little things.

# Realizing Personal Strengths

## Finding "Lost" Treasures

- Ask your friends or family what your strengths are and what they appreciate about you.
- Think about real situations where you succeeded or did something well. Maybe you received compliments for it. These can also be little things.
- Write these things down in a "happiness journal". In a happiness journal, only positive daily events are written down.
- During bad times, you can look back on these things.

# Tips for Increasing Self-Esteem

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- Try to speak loud and clearly.
- Make eye contact (it's best to start with people you know, then try with other people as well).

Examples in Everyday Life

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Tips to appreciate good things that happen during the day:

- At the beginning of the day, put a handful of small items (for example, beads, marbles, dried beans) in your right pocket.
- Every time something nice happens, take a one bead from your right pocket and put it in your left pocket (for example, a nice conversation, good food, etc.).
- At the end of the day, take the beads out of your left pocket and think about the nice experiences that the beads represent.
- This way, you can capture the good moments and enjoy them. Unfortunately, we often let the pleasant things in life pass us by unnoticed.

**Do you know of other ways of capturing the everyday, good things and remembering them?**



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- Self-esteem is the value we attribute to ourselves.
- Try to become aware of your strengths in different areas of life.
- Strengthen your self-esteem with the strategies just discussed.
- Go on a search for hidden strengths. For example, by asking your friends or keeping a "happiness journal".
- Realize the beautiful things in your day.

# Closing Round

What's your takeaway from today's session?

Thank you for your  
participation!