## Certified Healthy Oklahoma Creating a Culture of Health Together

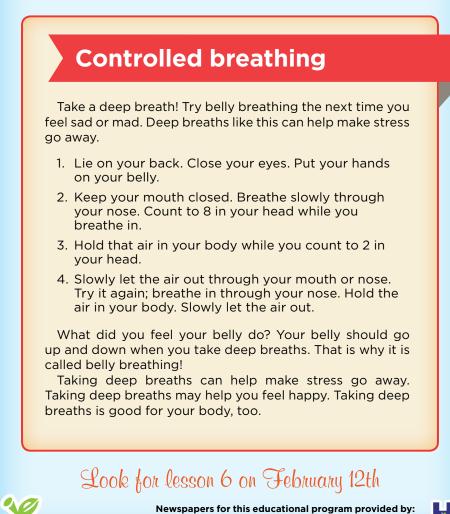
## Counseling, Psychological and Social Services

## How's your self-esteem?

There is so much pressure to "fit in" and to be liked that often you want to hide your true self; whether you are someone who hates sports, you dress differently than everyone else or even if you are still searching for who you are. Sometimes you may get teased or ridiculed for these differences.

If you are being teased or bullied: TALK TO SOMEONE! Do not take it all on yourself and try to deal with it alone. Being bullied can lead to self-hate or harm to yourself or others. None of these are the answer! Remember that this only lasts a short while in the grand scheme of life, and while it feels so horrible and like it will last forever at the time, IT WON'T. If you have any of these thoughts or feelings, seek help: not only help to make the bullying stop, but also help to stop the potential harm these thoughts and feelings can have on you.

Give this breathing exercise a try and see if it helps you calm down when you begin feeling overwhelmed.



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