

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.

Controlled breathing

Take a deep breath! Try belly breathing the next time you feel sad or mad. Deep breaths like this can help make stress go away.

1. Lie on your back. Close your eyes. Put your hands on your belly.
2. Keep your mouth closed. Breathe slowly through your nose. Count to 8 in your head while you breathe in.
3. Hold that air in your body while you count to 2 in your head.
4. Slowly let the air out through your mouth or nose. Try it again; breathe in through your nose. Hold the air in your body. Slowly let the air out.

What did you feel your belly do? Your belly should go up and down when you take deep breaths. That is why it is called belly breathing!

Taking deep breaths can help make stress go away. Taking deep breaths may help you feel happy. Taking deep breaths is good for your body, too.

Look for lesson 6 on February 12th



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