



Queen's View

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WWW.WOMENOFESTHER.ORG

CONTACT INFO

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WAIT

TRAINING

CLASSES

12:00—2:00

LOCATION

GREENVILLE

HOSPITAL

SYSTEM

PATEWOOD

OFFICE

BUILDING

WAIT Training

We have enjoyed learning from the video “Miss Independent” by Ne-Yo!

You must be free from external control that has a negative impact. You must have an independent mind. We learned what Ne-Yo calls “the BOSS” is having your own things! A great way to get started is finding a summer job and saving at least 50—45 percent of your earning.

Independent - free from external control and constraint; "an independent mind"; "a series of independent judgments"; "fiercely independent individualism"

Self-esteem is a term used in psychology to reflect a person's overall evaluation



or appraisal of his or her own worth. Having a healthy or high self-esteem can help you to think positively, deal better with stress, and boost your drive to work hard.

Having low self-esteem can cause you to feel uneasy and may get in the way of doing things you might enjoy. For some, low self-esteem can contribute to serious problems such as depression, drug and alcohol use, and eating disorders.

Signs that you are stressed out:

Feeling down, edgy, guilty or tired

Having headaches or stomachaches

Having trouble sleeping

Laughing or crying for no reason

Blaming others for bad things that happen to you

Wanting to be alone all the time (withdrawal)

Not being able to see the positive side of a situation

Not enjoying activities that you used to enjoy

Feeling resentful of people or things you have to do

Feeling like you have too many things you have to do

Yes! Struggling with major stress and low self-esteem issues can contribute to more serious problems such as eating disorders, hurting yourself, depression, alcohol and drug abuse, and even suicide. Continued depression and thoughts about hurting or killing yourself are signs that it is time to seek help. Talk to an adult you trust right away!