



True Blue Dreaming

Youth Mentoring Program

Building bridges for young Australians in rural and outback communities... inspiring them to reach their dreams.

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Hi Everyone,

I hope you are well; you must be all looking forward to the upcoming school holidays. I hope everyone has been in touch with their mentors and has had a chance to look at their goals. I have to let you know that I will no longer be working for True Blue Dreaming after the school holidays and Michelle Blackhurst from Wheatbelt ACC will be taking over my position. I have enjoyed getting to know you all over the past year and will miss you lots. I encourage you to continue working towards your dreams and goals for the future. Below is some information on how to improve your self esteem and more ideas on activities to do with your mentor

SELF ESTEEM

Self-esteem is all about how much we feel valued, loved, accepted, and thought well of by others — and how much we value, love, and accept ourselves. People with healthy self-esteem are able to feel good about themselves and take pride in their abilities, skills, and accomplishments. People with low self-esteem may feel as if no one will like them or accept them or that they can't do well in anything.

Why Is Self-Esteem Important?

How we feel about ourselves can influence how we live our lives. People who feel that they are likable and lovable (in other words people with good self-esteem) have better relationships. They are more likely to ask for help and support from friends and family when they need it. People who believe they can accomplish goals and solve problems are more likely to do well in school. Having good self-esteem allows you to accept yourself and live life to the fullest.

Steps to Improving Self-Esteem

If you want to improve your self-esteem, here are some steps to start empowering yourself:

- **Try to stop thinking negative thoughts about yourself.** Start thinking about positive aspects of yourself. When you catch yourself being too critical, counter it by saying something positive about yourself. Each day, write down three things about yourself that make you happy.
- **Aim for accomplishments rather than perfection.** Some people only want perfection. Instead of holding yourself back with negative thoughts, think about what you're good at and what you enjoy, and go for it.
- **View mistakes as learning opportunities.** Accept that you will make mistakes because everyone does. Mistakes are part of learning. Remind yourself that a person's talents are constantly developing.
- **Try new things.** Experiment with different activities that will help you get in touch with your talents. Then take pride in new skills you develop.
- **Recognize what you can change and what you can't.** If you realize that you're unhappy with something about yourself that you can change, then start today. If it's something you can't change (like your height), then start to work toward loving yourself the way you are.
- **Set goals.** Think about what you'd like to accomplish, then make a plan for how to do it. Stick with your plan and keep track of your progress.
- **Take pride in your opinions and ideas.** Don't be afraid to voice them.
- **Make a contribution.** Help clean up your neighbourhood, participate in a walk-a-thon for a good cause, or volunteer your time in some other way. Feeling like you're making a difference and that your help is valued can do wonders to improve self-esteem.
- **Exercise!** You'll relieve stress, and be healthier and happier.
- **Have fun.** Enjoy spending time with the people you care about and doing the things you love. Relax and have a good time — and avoid putting your life on hold.

Activities you could do with your Mentor!

- Ask them about their very first Job
- Talk about exercise
- Talk about current events
- Cut out a news article that interests you and talk about it together
- Write each other a letter
- Do a crossword puzzle, you could ask them the questions over the phone

Michelle is going to continue doing a small buddies newsletter like this each month, so if you have any topics you would like us to cover or if you have any suggestions on other activities you could do with your mentor, please let us know and we will include them in the next editions.

Please all have a safe and fun holiday, I hope to see you at the Circus Workshop and once again thank you for all being so wonderful over the last year and remember you can make your dreams come true if you believe in yourself and never give up.

Thanks
Fiona

Self Esteem Word Search

J J H A S P X K Z R U N F F Y
W K A T G M S E G O I U T P Q
O I D I H F X N M T N F P O O
J R Z B A E Q O F N Z A O R O
D V Y S R S W H P E H R N F W
G V C C B S T U W M D H I G E
J L I A U E V N B V T J I L Y
T S P U D L W L E G O A L S K
E X U Y D F I D L L L W R Q R
X S J B Y E F S X C A I V H A
R T Z R S S T X R P T T T O S
Q D E V I T I S O P R O K V I
H X S T U E F J G E P I C P T
D T D C R E W W S V N R D J R
T Z P A B M H F P K L L Z E Z



Happy Holidays!

Find the Following Words in the Word Search

Buddy	Mentor
Exercise	positive
Fun	pride
Goals	self esteem
Happy	talents

From The Good Food for Me Team

Healthy Snacks

Some Ideas for the lunch box or after school snack:

- ✓ English Muffin topped with grilled cheese, ham & tomato
- ✓ Toasted fruit bread or buns with margarine spread
- ✓ Fruit or wholemeal scones
- ✓ Fruit kebabs (made with strawberries, banana, apple and canned pineapple)
- ✓ Pikelets
- ✓ Wholemeal Pita Bread topped with grilled cheese



TIP: Learn how to make them yourselves!