

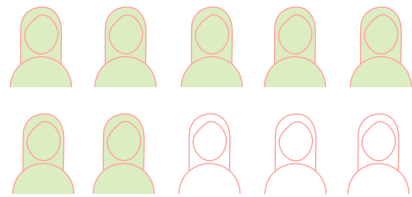
THE IMPORTANCE OF SELF-LOVE

LOW SELF-ESTEEM

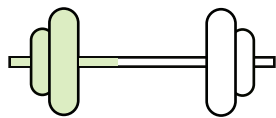
85% people suffer from low self-esteem



7 out of 10 young women believe they are not good enough in some way



40% of boys in middle and high school attempt to gain muscle mass



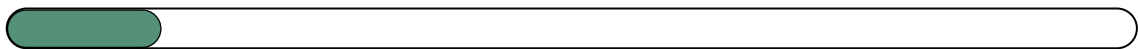
44% of girls in high school attempt to lose weight



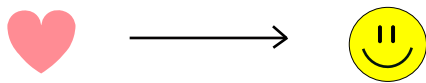
Low self-esteem has been linked to depression as either an outcome or a cause. Low self-esteem also leads to bad habits such as unhealthy eating, lack of exercise and drug-use.

SELF-ACCEPTANCE

Only 5% of people can affirm that they accept themselves without judgment.



Yet, self-acceptance is a practice that highly correlates with overall life satisfaction.



Self-acceptance leads to a healthier lifestyle.

It lowers the risk of developing depression and/or anxiety.

There is a lower use of alcohol and drugs associated with self-acceptance.

Students experience less stress and get higher grades.

References

Crocker, Jennifer. "The Cost of Seeking Self-Esteem." *Journal of Social Issues* (Vol. 58, No. 3)
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Eisenberg, Marla E. Wall, Melanie Neumark-Sztainer, Dianne. "Muscle-enhancing Behaviors Among Adolescent Girls and Boys."
Rubino, Joe. *The Self-Esteem Book*.
Shapiro, Hannah. "Dove's Campaign for Real Beauty boosts girls' self-esteem for Back to School."
University of Hertfordshire. "Self-acceptance could be the key to a happier life, yet it's the happy habit many people practice the least."