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How to Feel Empowered as a Woman

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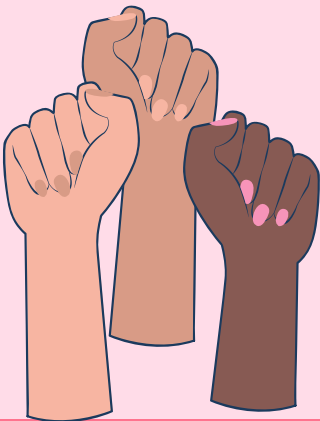
FEELING EMPOWERED AS A WOMAN



Self Esteem is how one reflects on how they feel, negatively or positively, about who they are as a whole. Women are generally more likely to experience low self-esteem compared to men. This needs to change.

HIGH SELF-ESTEEM

When people have generally positive feelings about their self, then they have high self-esteem. When a person has generally negative feelings, then they have negative self-esteem. Why have high self-esteem? Because it just feels better!

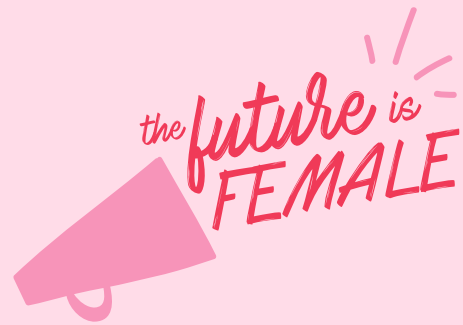


BETTER RELATIONSHIPS

The first source to helping better our self-esteem is our relationships. According to this idea called the sociometer hypothesis, self-esteem is closely linked to the quality of the relationship we have with others.

SOCIAL MEDIA

A problem that you may face when gaining high self-esteem is social media. We tend to look at objective standards to determine how we are. This theory is known as Festinger's theory of social comparison processes. In today's society, social media is what many people use to determine the new standards. We need to stop this comparison since social media is not always real. You are real.



BE YOURSELF LOVE YOURSELF

The most important thing to help better your self esteem is being certain in yourself. Being certain about who you are will allow you to be able to get through the day to day ups and downs.

MAINTAINING

If you keep this information in mind on a daily bases it can help better your self-esteem. High self-esteem is important for not just you but also for your relationships. Its important to unplug from social media and be proud of who you are. At the end of the day, love you.

