

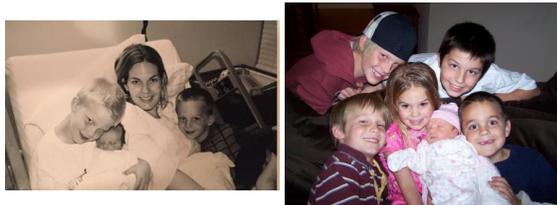
PERINATAL SELF-ESTEEM, IDENTITY & SENSE OF SELF
A New Approach to Healing

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"Motherhood" Radio/TV on
WebTalkRadio.net/iTunes/YouTube



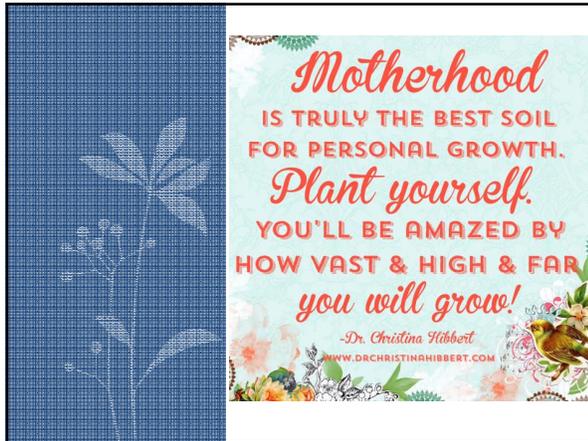
"Who Am I? Who Am I Now...?"

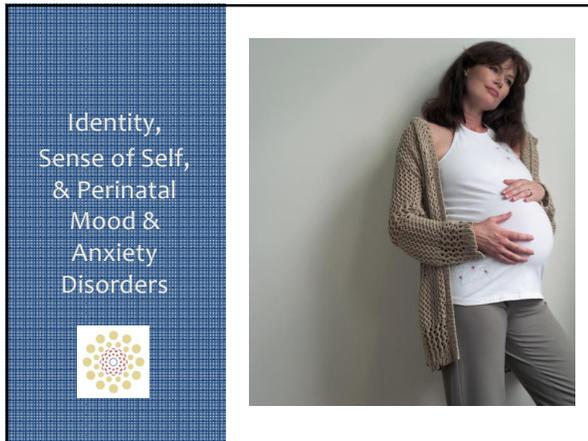


Pregnancy, Postpartum, Motherhood
"Sense of Self"

- What does this really mean?
- Identity
- Self-Esteem
- Self-Worth
 - Who we think, feel, believe we are and who we truly are.
- Can be misunderstood
- Based on past experiences
- Based on current circumstances
- Based on other's opinions/input
- Changes as we grow







Self-Esteem & PMADs: Research Predictors Of PPD

- Self-Esteem is a top PPD Predictor:
- Top Predictors of PPD: #1 Prenatal depression, #2 Self-esteem (SE) (Beck, 2001)
- Risk Factors: Low SE a strong predictor of prenatal depression (Leigh & Milgrom, 2008) & a moderate predictor of PPD, along with maternal neuroticism (Stewart et al., 2003)
- PPD associated with higher parenting stress (Leigh & Milgrom, 2008) & parenting stress linked with lower maternal self-esteem (MSE).
- It is truly a vicious cycle!

Predictors of PPD are same across diverse populations. (Logsdon & Usui 2001)

Self-Esteem & PMADs: Research The SE-PPD Link

- Unrealistic expectations, prenatally, associated with lower SE & higher depression, anxiety and stress, postpartum (Lazarus & Rossouw 2015)
- Self-esteem instability, and not level of SE, correlated with higher levels of depression
- Greater prenatal SE reactivity associated with higher levels of PPD
- Changes in day-to-day experience of SE related with changes in depressed mood (Frank et al. 2016)
- Self-esteem, not optimism, contributes to lower rates of PPD (Fontaine & Jones, 1997)



Maternal Self-Esteem (MSE) & Impact on Children

- MSE mediates effects of mom's daily stressors and quality of intimate relationships, which mediates depressive symptoms. (Hall et al., 1996).
- Strong MSE influences interactions with and attachment to infant (McGrath et al, 1993; Yarcheski et al., 2009).
- Maternal stress and parenting style related to child's level of SE (Ajlchi et al., 2013)
- Maternal warmth associated with greater SE and lower stress in children (Choi 2011)
- PPD= greater impact of infant birth complications on maternal self-esteem (MSE) and MSE negatively influences quality of mother-infant relationship (Ahlf-Dunn et al)
- Infant health is a predictor of MSE (McGrath et al, 1993). Maternal depression & infant colic related to low MSE (Maxted et al., 2005).

Which comes first? Low self-esteem or depression?

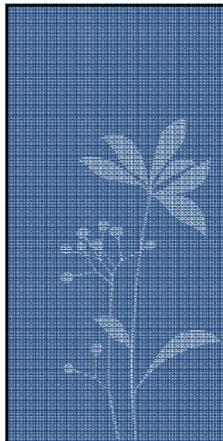
- Vulnerability model: LSE leads to depression
- Scar Model: depression erodes SE
- Depression: Vulnerability model (meta-analysis of 77 longitudinal studies on depression & 18 on anxiety)
- Anxiety: Both. SE impacts anxiety and anxiety impacts SE.
- "interventions aimed at increasing self-esteem might be useful in reducing the risk of depression" (Sowislo & Orth, 2013)



Why focus on self-esteem in PMAD treatment?

- Why do we need a new approach?
- If SE is so linked to PMADs, and in many cases may be the ultimate instigating factor underlying the illness, why NOT treat SE as a first-line approach?
- As we treat self-esteem/self-worth, we teach important skills—self-awareness, self-care, self-acceptance, self-love, self-confidence
- Moms need all of these!





SELF-ESTEEM
VS.
SELF-WORTH
Theory & Definition



Self-Esteem: “Who Am I?”

- Based on... thoughts, feelings, behaviors, other's opinions/feedback, experiences...
- “Basing worth on external sources—like appearance, academic or physical performance, or approval from others—leads to greater anger, stress, relationship and academic problems, and higher alcohol and drug use and eating disorders (Crockner, 2002).”
(8 Keys to MH Through Exercise, p. 42)



Self-Esteem vs...

- Who You are NOT:
 - You are not how you look.
 - You are not how you feel.
 - You are not what you think.
 - You are not your roles.
- You are not what you do. (Who Am I Without You, p.89-90)

- Then, who are you, really?



Self-Worth

Who you REALLY are.
(8 Keys to MH Through Exercise, p. 38; Who Am I Without You?)

SELF-WORTH:
*The ability to comprehend & accept my true values--
To understand I am more than my mind, body, emotions & behaviors,
To see myself as God sees me,
To accept His love for me,
& to learn to love myself in like manner.*
-CHRISTINA G. HIBBERT, PSYD
WWW.DRCHRISTINAHIBBERT.COM

The Pyramid Of Self-Worth
Hibbert, 2015, 2016



The Pyramid of Self-Worth



www.DrChristinaHibbert.com

“The Pyramid of Self-Worth” Model Hibbert, 2015

The Pyramid of Self-Worth

Self-Worth

Self-love

Self-Acceptance

Self-Awareness

www.DrChristinaHibbert.com

Self-Awareness

“Self-awareness means taking a bold, searching look at all the good, the bad, the ugly and the exceptional—what makes you unique, your talents, your highs and lows—to be willing to see it all, knowing everyone has strengths and weaknesses. It’s hard to love or accept yourself if you don’t know yourself. As we open up and examine who we really are—how we behave, what we think and believe, how we feel, what we’re good at, and what we struggle with—then we can learn to accept it. And acceptance is critical to feeling self-worth.”

8 Keys to MH Through Exercise, p. 44

Self-Awareness...

Fearlessly meet your needs.

-Dr. Christina Hibbert

www.DrChristinaHibbert.com

It's called a **NEED** because you **NEED** it.

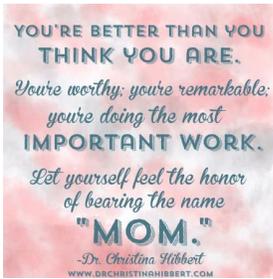
-Dr. Christina Hibbert

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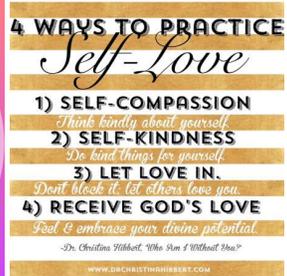
Self-Acceptance



Self-Acceptance...



Self-Love



Self-Worth & Perfectionism



There's no such thing as a **PERFECT** Mother.
YOU'RE DOING BETTER THAN YOU REALIZE.
www.drchristinahibbert.com

Dr. Christina Hibbert
"This is How we Grow"
Instead of **perfection**
what if we strived to be **complete?**
www.drchristinahibbert.com

Believe in You

- Changing unhealthy/unhelpful thoughts/beliefs
 - CBT
 - Thought Record
- Positive Affirmations vs. Truthful Affirmations
- Believe in yourself Practice:
 - List all "truths"
 - Pick 5-10 that feel most helpful
 - Select 2-3 statements that encourage you to believe in you.
 - Pull out "true affirmations" and remind yourself when hard times come.
 - Post on your phone, mirror, fridge, record yourself saying them and listen. Set a reminder to look at and meditate on your truthful affirmations several times each day. Who Am I Without You? p. 138

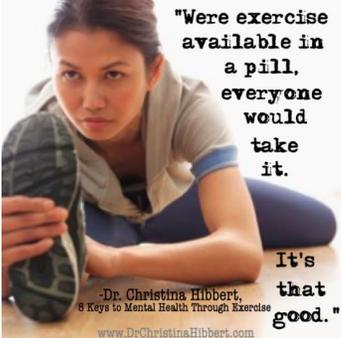


Exercise, Self-Esteem/Self-Worth, and PMAD Treatment



EXERCISE
TO IMPROVE
SELF-ESTEEM
WWW.DRCHRISTINAHIBBERT.COM

Benefits of Exercise Are ENDLESS!



"Were exercise available in a pill, everyone would take it."

It's that good."

-Dr. Christina Hibbert,
8 Keys to Mental Health Through Exercise
www.DrChristinaHibbert.com

8 Keys to Mental Health Through Exercise

- Key 1: Heal your Mind & Body w/ Exercise
- Key 2: Improve your Self-Esteem w/ Exercise
- Key 3: Exercise as a Family
- Key 4: Get Motivated
- Key 5: Change how you Think about Exercise
- Key 6: Overcome Roadblocks
- Key 7: Get FITT-Physically & Mentally
- Key 8: Implement your Vision & Flourish!



Positive Psychology,
Self-Esteem, &
PMAD Treatment



STRENGTH

Does not come from

PHYSICAL CAPACITY

It comes from an

INDOMITABLE WILL.

-Mahatma Gandhi

8 KEYS TO MENTAL HEALTH THROUGH EXERCISE
WWW.DRCHRISTINAHIBBERT.COM

Positive Psychology & PERMA



- PERMA
- Positive Emotions
 - Engagement
 - positive Relationships
 - Meaning
 - Accomplishment (Seligman, 2012)

Flourishing!

- Focus on what's *right* and build from there

4 Questions to measure Flourishing

1. How much positive emotion?
2. How much meaning and purpose?
3. How good are my relationships?
4. How much mastery, confidence, competence and achievement do I enjoy in life?



Positive Psychology & Flourishing

"I don't want to just be better.
I want to be better than better.
I don't want to only overcome.
I want to become.
I want to flourish!"

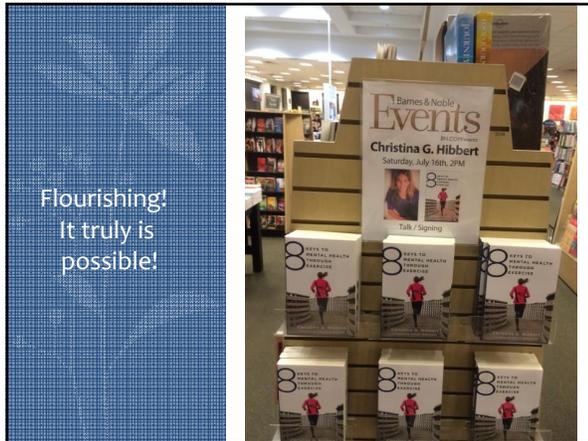
Who Am I Without You? p. 143

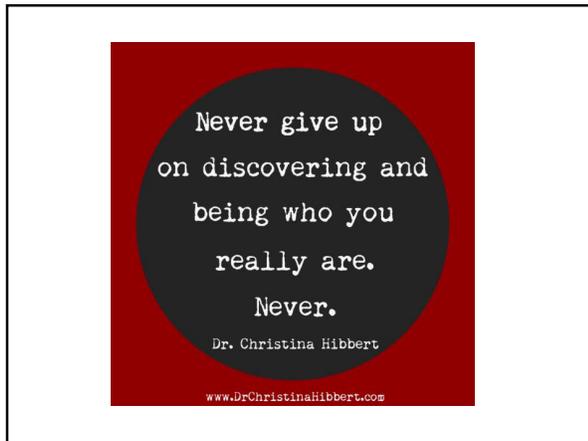
"We don't have to settle for just being better. We can seek to become 'better than better.' The field of positive psychology calls this flourishing...

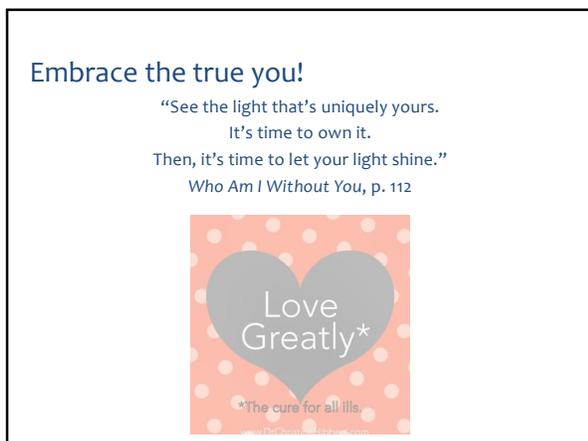
to 'grow luxuriantly,' to 'thrive,' to 'prosper.'"

This is How We Grow, p. 400-1









Resources

DrChristinaHibbert.com

Facebook & Twitter: @DrCHibbert Instagram YouTube, Pinterest: drchristinahibbert

“Motherhood Radio/TV” iTunes, YouTube, my website

Resources

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