Self-Image

It is a common misconception that people with disabilities are insecure and have a negative self-image. Many people have the opposite. Many young people feel good about themselves and that they are capable of quite a lot.

Some of the issues actually arise from others thinking that a person with a disability must be depressed or have a low self-esteem. This often manifests itself into people talking down to someone with a disability. Or wanting to help and advise when none is sought, (or needed).

Clearly when a person with difficulty faces discrimination or even indirect discrimination, such as not having a ramp in an office building, it can bring on feelings of being left out or not considered.

Social Media has opened the world up to everyone. As it’s a digital world, in many respects, it’s a level playing field. Some don’t even feel the need to let others know that they have a disability. This way, they can be treated the same as others.

There is a propensity in the digital universe for people to want to feel good about themselves and often take up causes or are seen to be doing the right thing, for the sake of popularity. This may be a controversial concept but people with disabilities know when they are not being treated in a genuine manner, even if others are trying to be positive towards them. It’s a form of patronisation. This comes back to self-image. Some people with disabilities are happy in their own skin and just want to be treated normally. Others are simply happy to share who they are online. It’s not one rule for everybody. Yet, the digital world can be a way to express one’s thoughts, creativity and build self-image. (Social Media does have its own pitfalls, but that’s a whole separate topic).

Certainly, at PHM Health, we are all for fostering a positive self-image. We will do whatever we can to help. We aim to encourage, be friendly, be respectful, yet without being patronising. Some people do have self esteem issues though and we can help participants navigate some of these issues. Sometimes just having someone to listen to you is a big step. We can also help find counselling services if that is what the participant would like.

We also encourage participants to get out and about if that is what they wish. Whether it’s a simple trip to the local shops, or going out for coffee or lunch or even going out to a bar or nightclub. Being social in some form, is very important. We can assist with arranging time with a friend or partner. Going on a date. Going to the movies. Doing a course. Getting involved in a community project. Looking for a job. Finding a platform to give voice to their own experiences and opinions. All of these facets can build a positive self-image.

Whatever your needs, please don’t hesitate to get in touch, either by phone or email. We are here to help.

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