



SELF ESTEEM

Eternal Gems' Youth Newsletter



Hi readers, hope you are hanging amazing week filled with love and positivity! Self-esteem is the opinion that we have of ourselves. When we have healthy self-esteem, we tend to feel more positive about ourselves and about life in general. It helps us to deal better with life's ups and downs. When our self-esteem is low, we tend to see ourselves and our life in a more negative and critical light. We also feel less able to take on the challenges that life throws at us. To boost your self-esteem, you need to identify the negative beliefs you have about yourself, then challenge them. You may tell yourself you're "too stupid" to apply for a new job, for example, or that "nobody cares" about you. Start taking note these negative thoughts mentally and write them on a piece of paper or in a diary. Ask yourself, "When did I first start thinking these thoughts? Next, start to write some evidence that challenges these negative beliefs, such as, "I'm really good at cryptic crosswords" or "My sister says i give good advice." Write down other positive things about yourself, such as "I'm thoughtful" or "I'm a great cook" or "I'm someone that others trust." Being kind to yourself means being gentle to yourself, at times when you feel like being self-critical. Think what you would say to a friend in a similar situation. We often give far better advice to others than we do to ourselves. I hope these tips help you out.



FUN FACT!

Walt Disney currently holds the most Academy Awards. Disney won 26 Oscars over the course of his career and was nominated a grand total of 59 times.

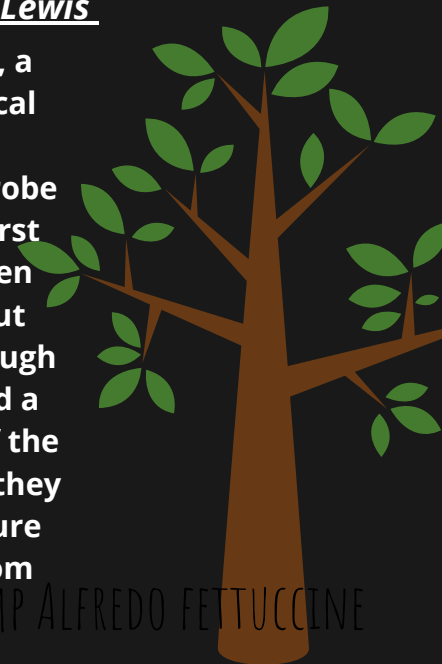
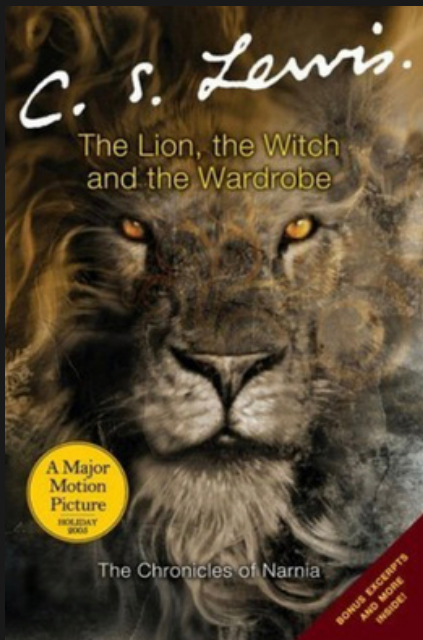


BOOK OF THE WEEK

The Lion, the Witch and the Wardrobe by C.S Lewis

Narnia...the land beyond the wardrobe door, a secret place frozen in eternal winter, a magical country waiting to be set free.

Lucy is the first to find the secret of the wardrobe in the professor's mysterious old house. At first her brothers and sister don't believe her when she tells of her visit to the land of Narnia. But soon Edmund, then Peter and Susan step through the wardrobe themselves. In Narnia they find a country buried under the evil enchantment of the White Witch. When they meet the Lion Aslan, they realize they've been called to a great adventure and bravely join the battle to free Narnia from the Witch's sinister spell.



SHRIMP ALFREDO FETTUCCINE



INGREDIENTS
 1 lb. fettuccine
 3 tbsp. butter, divided
 1 lb. shrimp, peeled and deveined, tails removed
 kosher salt
 Freshly ground black pepper
 2 cloves garlic, minced
 2 tbsp. all-purpose flour
 1 c. heavy cream
 1/2 c. whole milk
 1 egg yolk
 1 c. freshly grated Parmesan, plus more for garnish
 1 tbsp. Chopped parsley, for garnish



SHRIMP CAJUUN PASTA

DIRECTIONS

Cook fettuccine according to the instructions on box, reserving a cup of pasta water to thicken the sauce, if needed.

In a large skillet over medium heat, heat 1 tablespoon butter until melted. Add shrimp, season with salt and pepper and cook until pink and completely opaque, 2 to 3 minutes per side. Remove shrimp from skillet and set aside.

Into the pan, add remaining 2 tablespoons butter and garlic. Cook until the garlic becomes fragrant, about 1 minute. Whisk in flour and cook until no longer raw, 2 minutes. Stir in heavy cream and milk, then whisk in egg yolk. Bring to a low simmer and whisk in parmesan. When cheese is melted and sauce has thickened slightly, add cooked pasta and shrimp, tossing to combine. Season with salt and pepper. Garnish with more parmesan and parsley.

Riddle corner

Riddle: What is used by others frequently, but belongs to you?

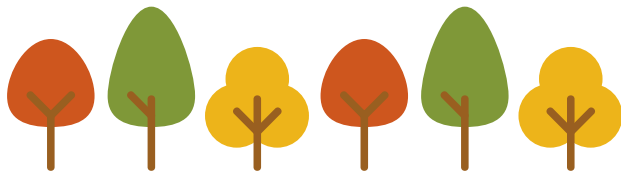
Answer: Your name

Riddle: What goes up, but never comes down?

Answer: Age

Riddle: What is always answered without being asked any questions?

Answer: A doorbell



HYGIENE TIP

Go for an alcohol-based sanitizer.



Clean your hands every now and then by using hand sanitizer. This is because alcohol is a drying agent and kills all the viruses and bacterias immediately.

However, please note alcohol is liable to make your skin dry, thus always go for a branded alcohol-based fragrance-free hand sanitizer, which has a good amount of moisturizer in it.



"I CAN DO ALL THINGS THROUGH
 CHRIST, WHO GIVES ME
 STRENGTH."

PHILLIPIANS 4:13



GOD LOVES YOU SO MUCH! HE GIVES
 YOU THE STRENGTH AND CONFIDENCE
 TO BE KIND TO YOURSELF AS YOU ARE
 TO OTHERS.

