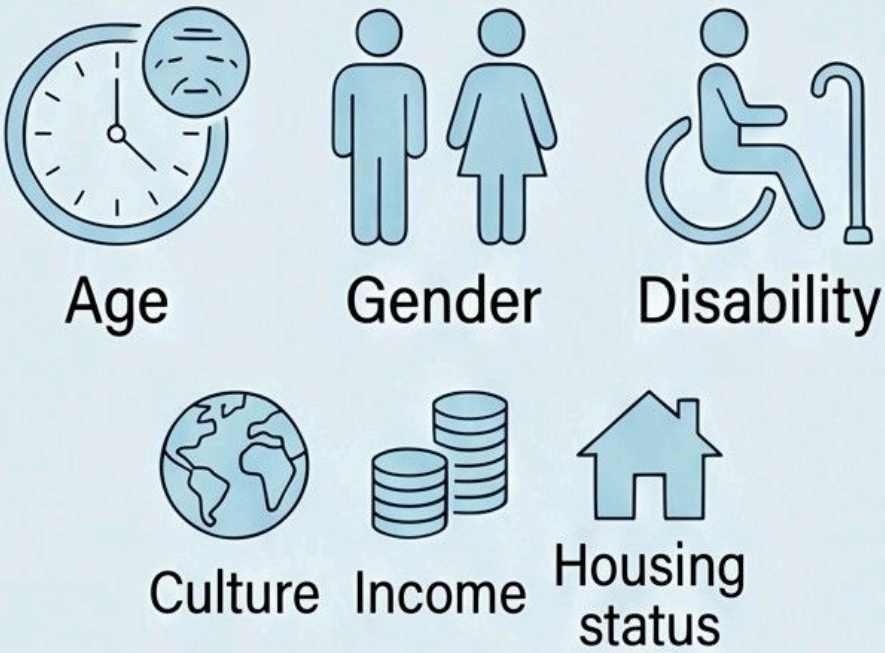


# Dignity Restored: Overcoming Discrimination & Reclaiming Self-Worth

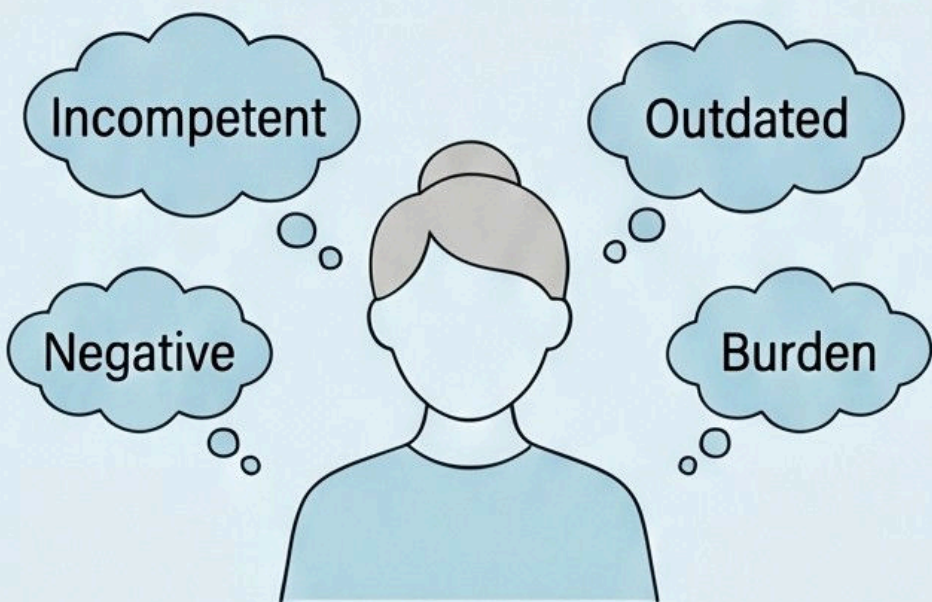
## Understanding Discrimination & Ageism

### Common Forms of Bias



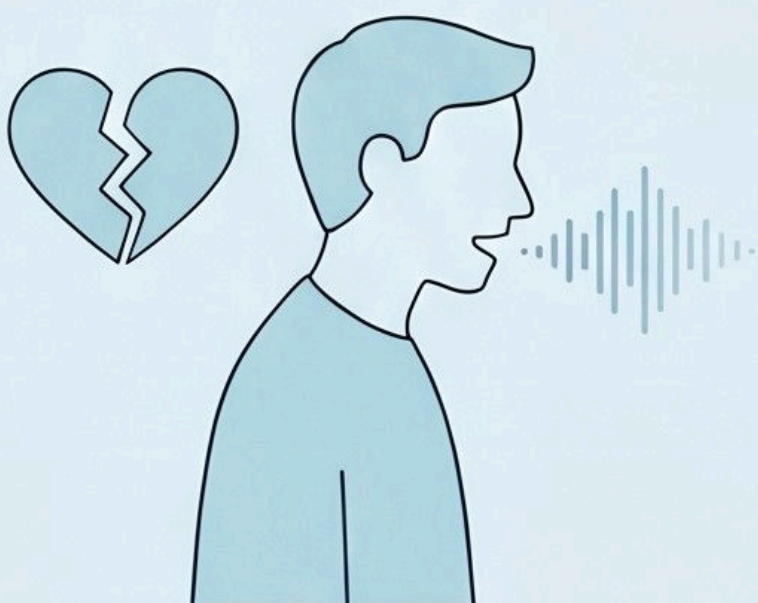
Unfair treatment based on these and other identity factors.

### The Reality of Ageism



Prejudice using language and stereotypes to treat people unfairly based on their age.

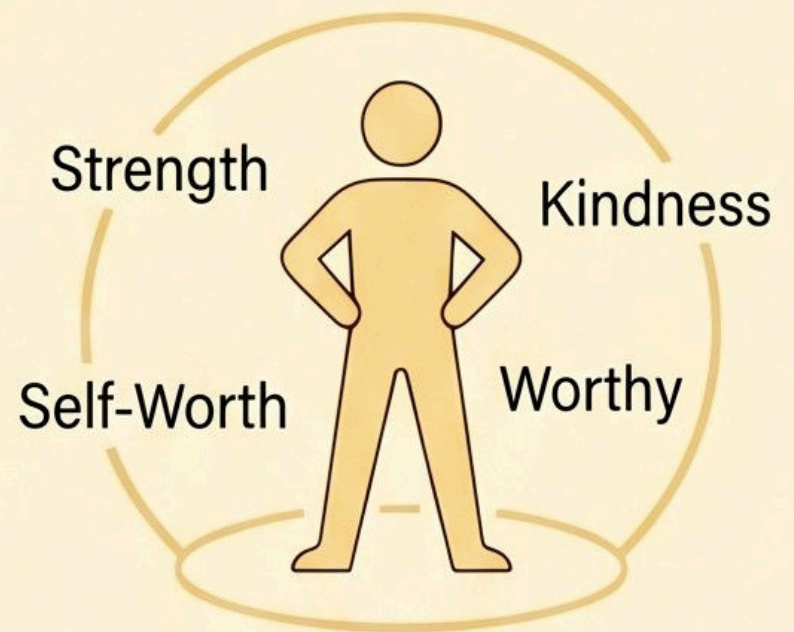
### Impact on the Self



Discrimination leads to questioning your value and losing confidence in your own voice.

## Tips for Rebuilding Self-Esteem

### Daily Affirmation and Boundaries



Recognize your strengths, speak kindly to yourself, and set firm personal boundaries.

### Practice Healthy Self-Advocacy



Express your needs clearly and request respect—discrimination is never your fault.

### The Four Pillars of Self-Care



Protect your well-being through physical, mental, emotional, and spiritual health activities.