



 A newsletter for wellness and improved wellbeing



About OPTIMAL

Optimal is a monthly wellness newsletter written, developed and circulated by **Sages & Scribes Consultants** aimed at informing, educating and improving on the general wellbeing of readers by focusing on the essentials for improved mental health, and how to live a vibrant yet practical life in the present reality.

In this edition, we look at **Insecurity**. Insecurity is the feeling most people are already experiencing or will experience at a point in their existence. It presents itself in the feeling of inadequacy i.e. “I am not good enough”, low self-esteem, lack of confidence, anxiety, a feeling of helplessness even hopelessness. Every human person deals with insecurity from time to time.

Improve your wellness, optimize your wellbeing and enhance your lifestyle with OPTIMAL.



INSECURITY

By Ven. Adelowo Adesina

In recent times, with so much uncertainties with things like climate change, natural disasters, political instabilities, economic ambiguities, depression, recession, galloping inflations, job losses, layoffs, unemployment, migration, the aftermath of Covid 19 pandemic

with its attendant psychosocial challenges like anxiety, depression, suicide, galloping divorce rates, drug and substance abuse, domestic violence, workplace harassment, etcetera.

Humanity and the world as we know it is under grievous threats – even the threat of extinction. Because of these factors and more, it is said that everyone has a sense of insecurity.



“Insecurity is like a seed that doesn’t believe it is a tree.”

— Lauren Martin

NOTHING HOLDS
YOU BACK
MORE THAN
YOUR OWN
INSECURITIES

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The biggest and only critic lives in your perception of people's perception of you rather than people's perception of you.”

— Criss Jami

TRUST

Insecurities Uncertainties

Insecurity is associated with uncertainties.

- ✓ Everyone feels a little unsure of him or herself at times.
- ✓ With insecurity, we sometimes feel worthless, lacking in self-esteem, abilities, skills, competences, and values.

CAUSES OF INSECURITY

The causes of insecurity are numerous and varied. The common ones are those highlighted in this newsletter:

1. Result from some studies show that insecurity is genetic. Like some physiological diseases like Asthma, Glaucoma, Diabetes, etc. it is an inherited trait passed from one generation to another.
2. It has also been found that lack of adequate and proper family emotional support causes insecurity. Research findings show that loving, supportive families are less likely to deal with insecurity.
3. Poverty, income deprivation, inability to meet and satisfy basic needs are also factors that causes insecurity. When people are not able to meet their basic needs of housing, food, health and employment, they struggle to satisfy their insecurity.
4. Another known cause of insecurity is lack of emotional intelligence. Emotional intelligence is about:

- ✓ understanding yourself – self awareness, understanding others
- ✓ understanding emotional triggers, when and how to express emotions without being aggressive and offensive.

- ✓ With insecurity, it is impossible to trust other people, engage in meaningful relationship, pursue worthwhile goals and career, handle critical and crucial situations and functions to our fullest potentials and attain our goals and fulfil destiny.



- ✓ Those with low emotional intelligence cannot accurately assess and express their feelings in a healthy manner and so tend to be emotionally unstable, have trust issues and find it difficult to cultivate healthy relations and tend to suffer insecurity.

5. The fifth cause of insecurity for consideration in this newsletter is lack of openness. When people aren't open, curious, and comfortable with other people and situation, they tend to become stressed and fearful resulting in insecurity.

6. Lack of agreeableness is another causal factor of insecurity. Disagreeable people tend to have more interpersonal conflicts due to not being helpful, supportive, or empathetic.

These inadequacies create a sense of risk, tensions in social relations and situations, and consequently insecurity.

People are never more insecure than when they become obsessed with their fears at the expense of their dreams.

INSECURITY & MENTAL HEALTH...

“We’re going to have to let truth scream louder to our souls than the lies that have infected us.”

— Beth Moore

7. Psychotherapists have also stated that underlying undiagnosed and untreated mental health conditions such as anxiety, depression, personality disorders have connection to insecurity

8. Over dependency on others is another cause of insecurity.

People who over depend on other people or relationship experience insecurity when they perceive they risk of that relationship ending.



TYPES OF INSECURITY

From the foregoing, insecurity originates from several sources. The most common types of insecurity include relationship insecurity, social insecurity, body/image insecurity, job insecurity, etc. Let's consider some of these in detail.



1. Relationship Insecurity:

Social psychology and child development studies have identified undue attachment or dependency on others as a type of insecurity. Relationship insecurity often manifests in early childhood when a child “attachment figures” e.g., parents or guardian aren't reliable, available, or supportive. The child feels insecure, forms a negative image of self and relationship models thus experience emotional distress and maladjustments. Relationship insecurity does not need to begin in early childhood.

Some adult individuals also have emotional maladjustments e.g., low self-esteem, a sense of unworthiness, etc. resulting in insecurity.

2. Job Insecurity:

Job insecurity occurs when people are anxious and worried about if they will be employed, laid off or retrenched or sacked from work. Job insecurity can also occur when employees are anxious of certain benefits attached to their employment conditions are threatened. Causal factors of job insecurity can be triggered by anxieties relating to low performance, poor productivity, unfavorable industry trends, workplace bullying, harassment, layoffs, right-sizing, downsizing, retrenchments, high rates of unemployment, underemployment etc. Job insecurity is known to contribute to mental health problems.



3. Body/Image Insecurity:

The most common type of insecurity is body or image insecurity. Millions of people the world over spend considerable energy and time worrying “Am I tall enough?, Am I beautiful?, I would rather have long straight hair, I wish my nose is pointed and not flat” etc. Many people feel insecure about the way they look and question whether they measure up to their imposed or perceived ideals.



4. Social Insecurity

Social insecurity is triggered when people begin to compare themselves with their peers and neighbors in terms of wealth, material acquisitions, social standing, and status, etc. Comparison of this nature can blossom to full-blown insecurity, social anxiety, disorder, even social phobia.

WAYS TO COPE WITH INSECURITY

Sometimes our thoughts are backed by so much insecurity, that they create lies we believe.

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- ♥ Assess the source/cause of your insecurity.
- ♥ Acknowledge rather than deny the role of insecurity in your life and living.
- ♥ Cultivate positive attitude, mindset, and worldview.
- ♥ Do positive self-talk, practice self-love and be intentional about life and living.
- ♥ Accept your limitations and celebrate your positives, your opportunities and harness your potential, leading a life of purpose.
- ♥ Take care of your physical health, mental well-being, and wholesome wellness.
- ♥ Seek and utilize professional care when needed.

OUT OF THE DARKNESS COMES LIGHT

“There will always be someone willing to hurt you, put you down, gossip about you, belittle your accomplishments and judge your soul. It is a fact that we all must face. However, if you realize that God is a best friend that stands beside you when others cast stones you will never be afraid, never feel worthless and never feel alone.”

— Shannon Alder



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Sages & Scribes
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