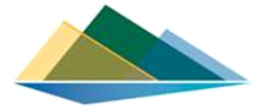


#emotionalhealth
#publichealth5-19service



BUILD YOUR SELF-ESTEEM

This factsheet will provide you with some top tips to help you feel good about yourself and promote a positive self-esteem.

TOP TIPS FOR A POSITIVE SELF-ESTEEM:

Self-esteem is about who we are and what we're good at. It's about how we and others recognise our positive qualities and is important because it impacts on our life. When you feel good about yourself you have the confidence to try new things and feel proud of what you can do. A good self-esteem can help you cope with mistakes and try again even when you fail at first; if you have a positive self-esteem you are more likely to do better at school, at home and with friends.

Tip 1: Focus on your strengths - focussing on your strengths other than your weaknesses helps you feel good about yourself. Pay attention to what you enjoy and do well and create opportunities to develop those strengths.

Tip 2: Look at yourself differently, stop aiming for perfection - no matter how low you feel, try to find one thing that you like about yourself. It could be your hair, your sense of humour, your excellent taste in music, or your football skills. Once you've made that start, you can begin to think of more things and create a positive image of yourself.

Tip 3: Ban the inner critic - think positively; try to stop inner negative thoughts. Taking the time to notice when things are going well and realising when you're being too hard on yourself can improve your self-esteem and make you feel better. Thinking positive things can be difficult if you're used to putting yourself down.

Tip 4: Accept you will make mistakes - we all make mistakes, making mistakes provides us with a learning opportunity. We need to make choices and take responsibility for them. Take a 'next time I can' approach to making mistakes; finding solutions to mistakes and overcoming obstacles can help build self-esteem. Problem solving and thinking about what you can do differently next time will increase the chances of success.

Tip 5: Learn to do new things - challenge yourself but remember to set realistic goals, don't make new challenges too hard or too easy.

Tip 6: Watch your words - sometimes the way you say something can make a big difference to how you feel and what others think of you. Try using words like 'yes' and 'no' instead of 'sort of' and 'not really'. This can make you sound more clear and confident.

Tip 7: Be kind, get involved in your community or school activities - helping others can make you feel appreciated and valued. Self-esteem grows when you see what you do matters to others. Helping and kind acts build self-esteem and other good feelings.

Tip 8: Look after yourself physically - eating healthily and doing exercise can make a big difference. Try not to eat a lot of processed food like crisps, chocolate and ready meals. Instead choose fresh fruit and vegetables and drink plenty of water. By looking after yourself this way, you will naturally feel better and have more energy.

Tip 9: Listen to music - music can have a powerful impact on us. Whenever you begin to doubt yourself, try listening to songs that make you feel positive about life and about yourself.

Tip 10: Spend time with people you like and love - nurture those constructive positive relationships, ditch the negative ones and remember to have fun.

If you feel you have low self-esteem, if it is impacting on your everyday activities and stopping you making the most out of life then you should tell someone you trust. This could be a family member, a teacher or your GP; they will listen and help you seek the support you need.

VISIT THESE USEFUL WEBSITES

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/building-confidence-self-esteem/>

Information on building confidence and self-esteem

www.youngminds.org.uk

Information for young people and parents on all aspects of mental health and emotional wellbeing.

www.kooth.com

Free, safe and anonymous online support for young people aged 11-18.

<https://www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/self-esteem>

Mental health advice for children and young people.