

# Self-Esteem

## Self help tips!

*Raising your self-esteem will give you more confidence and enable you to cope better when life throws it's challenges at you!*

*Believe in yourself and always be self-compassionate.  
Remember, you are good enough.*

### Notice the thoughts!

*Be aware of the thoughts, explore them further. Write them down, then if you need to, throw them away. You can start a journal or a diary.*

*Remember, thoughts are not always facts.*



### Challenge it.

*What is the evidence for and against the thoughts? How true are they! What is another way you can think it look at it? Be balanced and try to think rationally.*

### Believe you can!

*If you don't try, you won't know, challenge yourself. Make a plan, break it down to smaller manageable chunks.*

*Make a start - keep going - you got it!*

### Get outside.

*We know that exercise is great for both emotional and psychological health. (As well as the physical benefits).*

*A nice walk can automatically make you feel better.*

*Get outside - stay connected.*



### What are the positives?

*I am pretty sure you have some great qualities and attributes.*

*Write down 3-5 positive things about you. What positive things have others said about you.*

*Start with - I Am (then write a positive). Tell yourself at least one positive thing everyday!*



### Know your self-worth.

*Be kind to yourself!  
Acknowledge your strengths and achievement.  
Try not to compare your self to others.*

*Remember, No one is perfect! But we are enough.*



### Celebrate!!

*No matter how small the step, celebrate it. Give yourself a metaphorical pat on the back. Every little step counts. Keel going as hard as it feels. Treat yourself!*

*We all make mistakes, so If things go wrong, that's ok, don't be so hard yourself. Don't sweat the small stuff, look at the bigger picture.*

*You can do it! - Self-belief*



# THOUGHTS ARE NOT ALWAYS FACTS!

WHAT IS THE THOUGHT?

WHAT AM I FEELING?

IS THIS THOUGHT TRUE OR FALSE!

EVIDENCE FOR AND AGAINST!

WHAT IS ANOTHER WAY TO THINK OF THIS?