



TIPS ON HOW TO IMPROVE YOUR SELF-ESTEEM

NOTICE THE GOOD THINGS

- Celebrate your successes - take time to praise yourself, no matter how small the achievement
- Write a list of all your positive attributes and things you like about yourself
- Learn to accept compliments and ask others what they like about you

BE KIND TO YOURSELF

- Challenge any negative, unkind thoughts that pop up
- Talk to yourself like you'd talk to a friend or loved one
- Avoid comparing yourself to others - especially on social media!



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YOUR EMOTIONAL
SUPPORT SERVICE



LET'S TALK ABOUT...
SELF-ESTEEM

INFORMATION AND
SUPPORT ON LOW SELF-
ESTEEM AND HOW TO
IMPROVE IT.

WHAT IS SELF-ESTEEM?

- Self-esteem is how we view ourselves and the value we put on our own worth
- It is based on our opinions and beliefs about ourselves, which can make it difficult to change.
- It can impact our ability to make decisions, how we treat ourselves, our confidence and much more!

SIGNS OF LOW SELF-ESTEEM



Everyone's self esteem is affected by different things and is normally a result of negative life experiences.

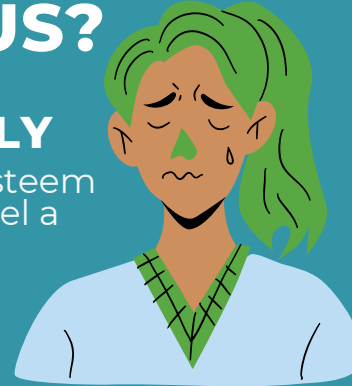
Here are some signs someone might have low self-esteem...

- Neglecting their wellbeing
- Highly self-critical
- Lack of confidence in self
- Put others first all the time
- Worry a lot and self-doubt

HOW DOES LOW SELF-ESTEEM AFFECT US?

EMOTIONALLY

Having low self-esteem can cause us to feel a wide range of emotions - such as sad, angry, guilty, hurt, frustrated, anxious and so on...



BEHAVIOURALLY

It can impact how we behave. For example, we might...

- Try to please others a lot
- Not handle criticism well
- Be shy and passive
- Avoid certain situations
- Try to be perfect all the time to overcompensate

MENTALLY

Low self-esteem can influence how we think and our thoughts. For example, we might think negatively of ourselves and be highly critical ("I'm stupid", "I'm worthless"), or we may adopt unhelpful thinking patterns.



AUTOMATIC NEGATIVE THINKING (ANTS)



They are also known as unhelpful thinking patterns, which are often irrational and negative thoughts our brain make up, based on our past experiences and core beliefs.

Can you recognise any of the following thinking patterns?

ALL-OR-NOTHING THINKING

Thinking in absolute, like "always", "never" or "every", such as "I always get things wrong"

MIND READING

Interpreting the thoughts of others as evidence, e.g. "She didn't say hi to me so she must hate me"

FORTUNE TELLING

Expecting that a situation will turn out negative without any adequate evidence

CATASTROPHISING

Only seeing the worst possible outcome in a situation.

SHOULDs & MUSTs

Believing that things should/must be a certain way, which puts pressure on ourselves to be a certain way. For example, "I should be happy"