



LOW SELF-ESTEEM

What is it? We all have times when we lack confidence or do not feel good about ourselves. Self-esteem is the opinion we have of ourselves. When self-esteem is low, we tend to see ourselves and our life in a negative and critical light. When low self-esteem becomes a long-term problem, it can have a harmful effect on our wellbeing.

What might it feel like? Low self-esteem means that you might feel negative and critical about many situations. It may mean that you want to hide away from new situations or avoid things that you find challenging.

Tips for boosting self-esteem:

1. Focus on the Positives



Recognise what you are good at and then spend more time doing this as it can help to boost your mood. E.g. you might be great at cooking and help more at mealtimes at home, or you might be a great singer and show your family a new song!

2. Build Positive Relationships



If you find that certain people tend to bring you down, try to spend less time with them, or tell them how you feel about their words or actions. Try to build relationships with positive people and spend more time with those who are positive.

3. Challenge the Negatives



To boost your self-esteem, you need to identify the negative beliefs you have and challenge them. Write down some of the negative thoughts that you have on a piece of paper or in a diary. Then, write evidence of why these are not true. You might ask someone to support you with this as they will have lots of ideas too! Write down positives too, and good things that others say about you. Keep this to remind yourself when you need to.

4. Be Kind To Yourself



We are often more kind to others than ourselves. Think about what you would say to a friend in a similar situation when you are being self-critical. Would you say the same?

5. Challenge Yourself



We all feel nervous or afraid at times. People with low self-esteem often let these feelings stop themselves from doing new things. However, setting yourself a challenge and achieving it will help to raise your self-esteem.