

## What Is Self-Esteem?

‘Self-esteem’ is how we value and see ourselves. When we have **healthy** self-esteem, we often feel good about ourselves and overall we have a positive outlook on life. We are able to cope with the highs and lows of life and overcome challenges that may come our way. However, when we have **low** self-esteem, we see ourselves and our lives in a negative way and are critical about ourselves. Low self-esteem can cause low mood and/or feelings of anxiety (extreme worry).

We all experience moments where we do not feel brave, good about ourselves or do not have much confidence. However, if you are feeling this way regularly, for long periods of time or it is having an impact on day to day life then you may need some extra support. This leaflet contains some self-help information.

### Feelings of low self-esteem can cause:



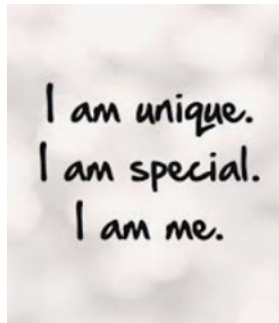
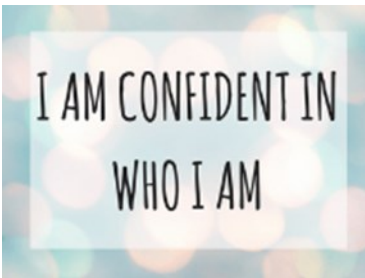
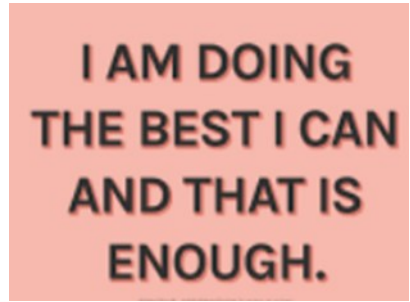
- \*Feeling overwhelmed by day to day life
- \*Loss of interest or not taking part in the activities you used to enjoy
- \*Avoiding challenges you would usually attempt or avoiding new things all together
- \*Struggling to sleep or sleeping more than usual
- \*Comfort eating or losing your appetite
- \*Avoiding spending time with other people

Try writing down some helpful thoughts, quotes or song lyrics.



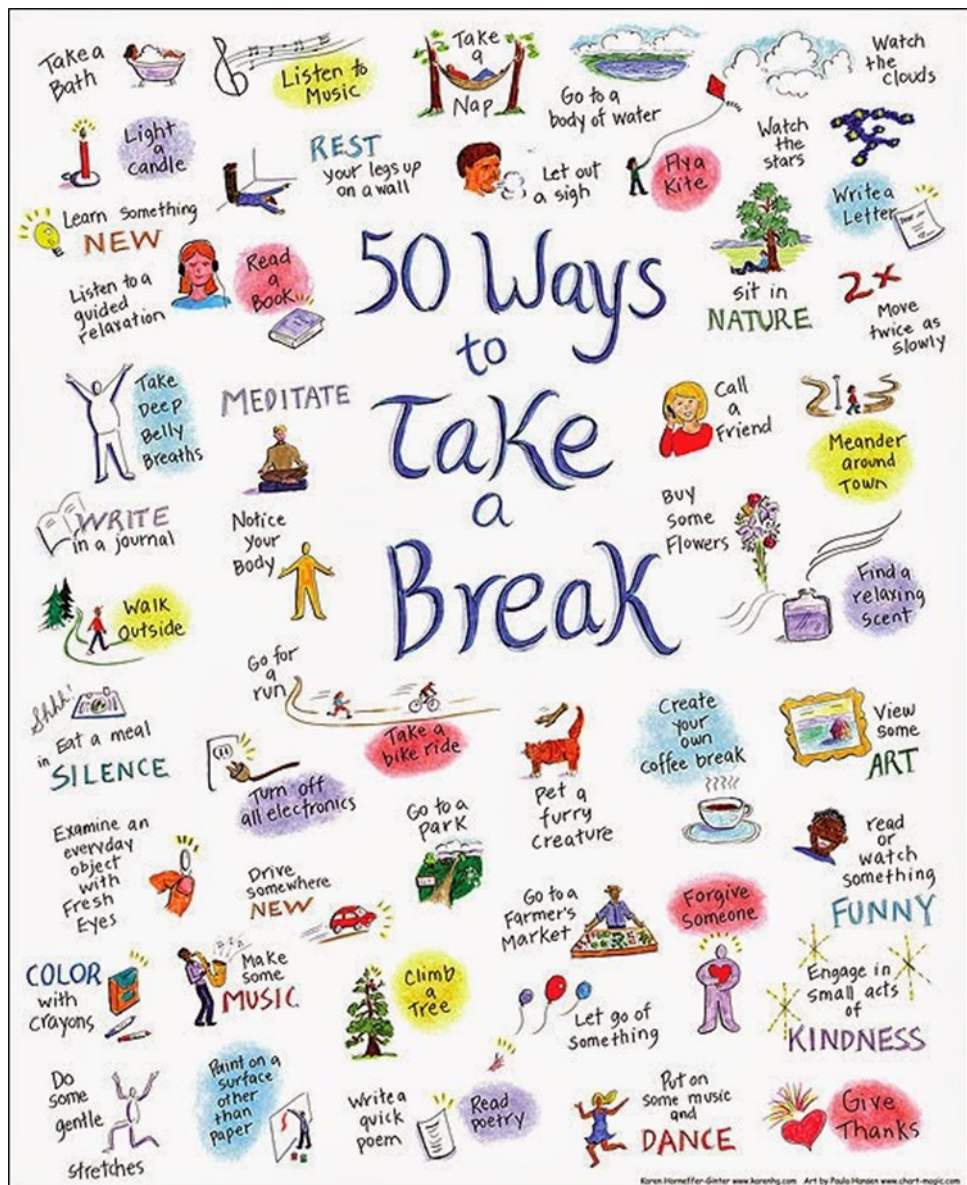
Say or sing these over and over again to yourself, out loud, in the mirror or in your head.

Here are some examples of positive affirmations.



Can you think of your own positive affirmations?  
Use the space below to write / draw your own.

Here are **50 things** you could try out to distract yourself and improve your mood. This will also help your self-esteem.



Can you think of any other ideas to distract yourself? Use the space below to write down your ideas.

## Ways to build on your self-esteem.

Make sure your **basic needs** are met.



Are you eating and drinking enough/healthily?

Have you been outside? Engaged in any exercise?



Are you getting enough sleep?

Had chill time - A warm bath/shower? Tried mindfulness?



Spoken to a friend or family member you can trust?



Have you had some fun lately?



Pick out your **negative** thoughts then challenge them.

1) When did you start to feel this way? Why?

2) Write down a BUT statement that is **opposite** to each view.

For example: 'Nobody likes me' BUT I got invited to my friend's party so they must like me and enjoy spending time with me.



Think of things you are **good at**.

We all have things we are good at and things we find tricky. Try to write a list of things you are good at and add to it daily. Start with a list of **at least 5** things. For example: I am a good listener. I am good at remembering song lyrics. I am good at drawing cats. I know lots of jokes. I am kind to other people.

Use this space to think of some ideas from the last page.

Here are some helpful websites:

- Young Minds - [www.youngminds.org.uk/](http://www.youngminds.org.uk/)
- Health Talk Online – [www.healthtalk.org/peoples-experiences/mental-health](http://www.healthtalk.org/peoples-experiences/mental-health)
- CAMHS website - [www.oxfordhealth.nhs.uk/children-and-young-people/](http://www.oxfordhealth.nhs.uk/children-and-young-people/)
- NHS: <https://www.nhs.uk/livewell/youth-mental-health>
- Family Lives - [www.familylives.org.uk](http://www.familylives.org.uk)
- Mood Juice - <http://www.moodjuice.scot.nhs.uk/>
- Mind Ed - <https://www.minded.org.uk/>

4 interactive mindfulness apps to help you relax:



STOP, BREATHE  
& THINK



STOP, BREATHE  
& THINK KIDS

