

RESOURCE PACKS

Self-Esteem

WHAT TO DO WHEN YOU DON'T FEEL GOOD ENOUGH...



Contents



1. What is Self Esteem?

2. Tips for improving self-esteem

3. Challenging the negative voice inside

4. Who can help?

What is Self-Esteem?

Self-esteem is how you think and feel about yourself, including your abilities, qualities, and characteristics (physical or non-physical).

Signs that you might have low self-esteem:

- ✧ Negative self-talk
- ✧ Difficulty accepting compliments
- ✧ Negatively responding to constructive criticism
- ✧ Reluctance to try new things
- ✧ Avoiding social situations

Positive connections

Spend time with people who make you feel good. Building trusting relationships, based on mutual respect can help you to identify the positive qualities you bring to someone else's life.

Step outside your comfort zone

Doing something you wouldn't usually do could teach you new things about yourself, like what you do/don't enjoy. This will help to build confidence. However, remember to only do things you are comfortable doing.

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Ok, so I think I have low self-esteem...

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But what should I do about it?

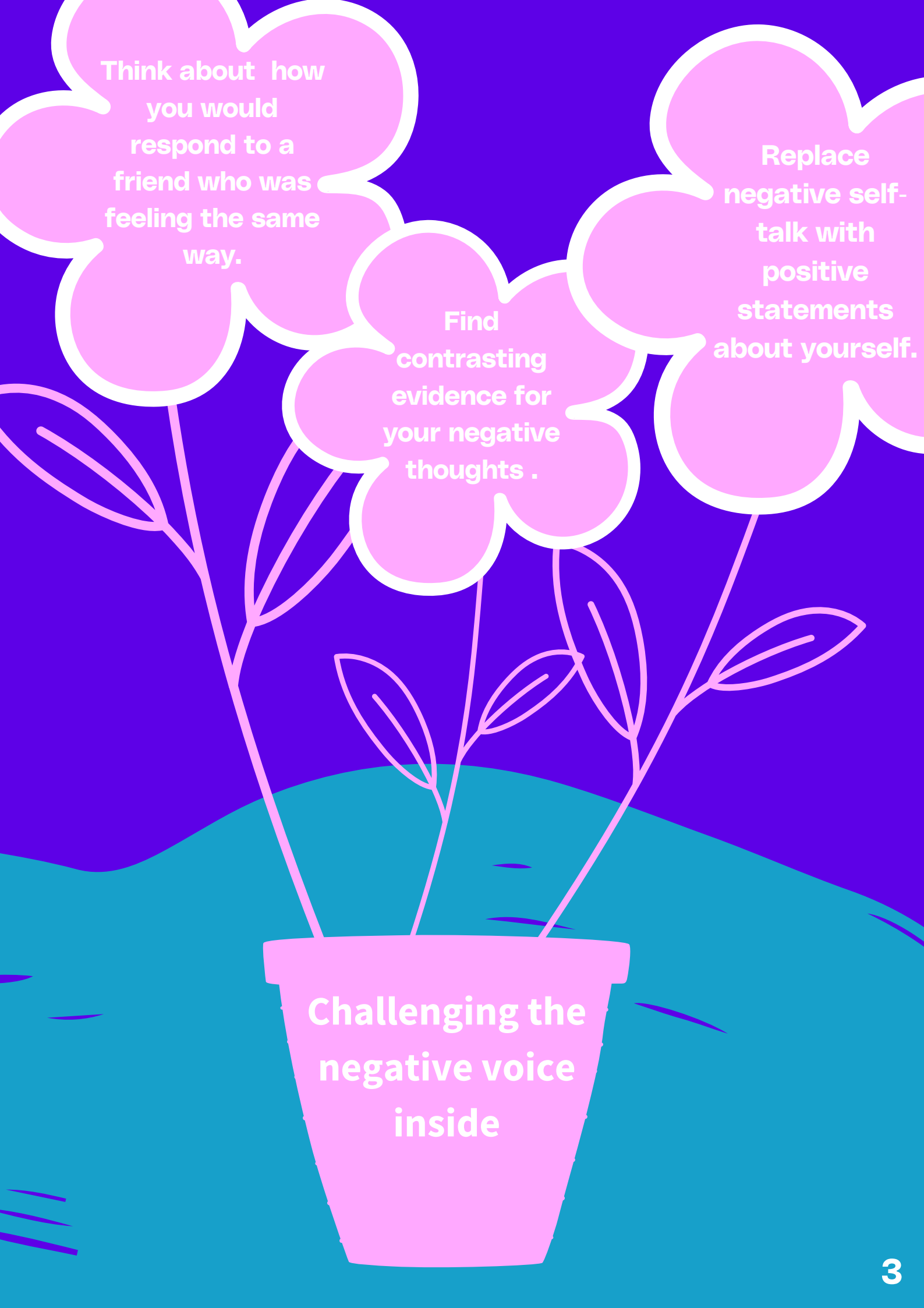
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Celebrate your achievements

Recognising small or big wins will help to identify your skills and acknowledge your self-worth. This can be as small as getting out of bed in the morning, or making a new friend- anything that feels like an accomplishment..

Acts of kindness

Acts of kindness can make us feel good about ourselves. This could mean: leaving a nice message for a friend, helping out a family member, or a donation to charity. Remember to always consider your own boundaries of time, energy and money. Never give more than you can.



Think about how you would respond to a friend who was feeling the same way.

Find contrasting evidence for your negative thoughts .

Replace negative self-talk with positive statements about yourself.

Challenging the negative voice inside

Who can help?

- Sometimes talking to someone you trust can be enough - whether this is a friend, parent, colleague, teacher, or manager.
- If you're really struggling, you can talk to your GP and discuss options for support.
- If you are experiencing a crisis, or are in immediate danger - call 999.
- Other organisations that offer support and advice include:



Mind - Visit www.mind.org.uk

Childline - Call 0800 11 11

Samaritans - Call 116123

Shout – Text 85258 for free, confidential mental health text support 24/7.

Young Minds - Visit www.youngminds.org.uk

NHS online - Visit www.nhs.uk

Find more toolkits and resources
on our website:

www.response.org.uk



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