

Improving self esteem

Self esteem – a person’s overall sense of self-worth or personal value

- Learn to accept yourself for who you are and don't try to be like others or who others want you to be
- Make a list of positive statements about yourself that you can repeat on a regular basis e.g. 10 - 20 times a day!
- Regularly tell yourself that you are a good person and deserve to be happy
- Set yourself small challenges everyday and gradually build up to bigger ones. When you achieve them reward yourself
- Challenges are things that take you out of your “comfort zone”. Comfort zones are like muscles, the more you stretch them the more flexible they become
- Focus on your strengths. View failures as ways to learn
- Do things that make you feel good. It doesn't matter what it is
- Exercise regularly as this improves overall mood and self esteem
- Do something to help others eg help a neighbour, do some charity work, etc

“Go confidently in the direction of your dreams. Live the life you have imagined”

Henry David Thoreau

Useful websites

[www.more-selfesteem.com/
self_confidence_tips.htm](http://www.more-selfesteem.com/self_confidence_tips.htm)

www.mind.org.uk

[www.bbc.co.uk/health/emotional_health/
mental_health/coping_skills.shtml](http://www.bbc.co.uk/health/emotional_health/mental_health/coping_skills.shtml)

 **Think Right!**
Wise up to Mental Well Being



The Think Right Project, run by Hunts Mind commenced in May 2011, and is funded by Comic Relief for 3 years. The overall aim of the project is to provide a range of mental health promotion and campaigning activities across Huntingdonshire to combat the stigma and discrimination related to mental health challenges.

For more information contact:
Jenny Swain,
Mental Health Promotion Coordinator
on 01480 470480

Hunts Mind



For better
mental health