

Self-esteem is how we see and feel about ourselves. Many people will have low self-esteem at some point in their lives which is totally normal, but there are things you can do to improve your self-esteem.

If you tackle low self-esteem early it can help prevent depression or anxiety developing.

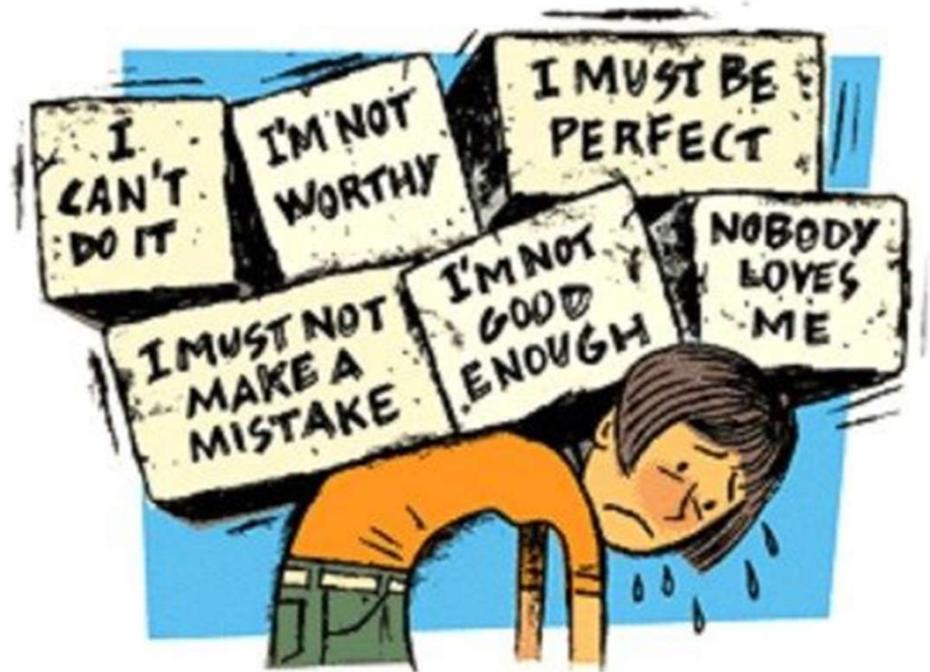
You can start to build your self-esteem today with these seven steps...



# STEP 1: UNDERSTAND WHY YOU FOCUS ON NEGATIVE THINGS

Ask yourself the following questions and think about the answers.

- What negative things do you think about yourself?
- When did you start thinking these things?
- Did something happen to make you think this way?



## STEP 2: CHALLENGE THE NEGATIVE FEELINGS

Ask yourself if there is another way of looking at things.

- What advice would you give to a friend who was having similar or negative feelings?
- Remind yourself about things that have happened which prove these negative thoughts aren't true.
- Try writing down a list of these things to keep and bring out the next time you feel low.



## STEP 3: FOCUS ON THE POSITIVE

Think about:

- your best feature
- the last time you received a compliment
- the last time you did something for someone that made you feel good

These might seem like small things but it is important to recognise all the good things about you and the reasons why people appreciate you for being who you are.



WHAT YOU SEE DEPENDS ON WHAT  
LENS YOU'RE LOOKING THROUGH.

## STEP 4: FIND THE RIGHT PEOPLE

How do the people around you make you feel?

Which ones make you feel happy and loved?

Spend more time with the ones who make you feel good, and less with the ones who don't make you feel confident about yourself, or spend a lot of time criticising others.

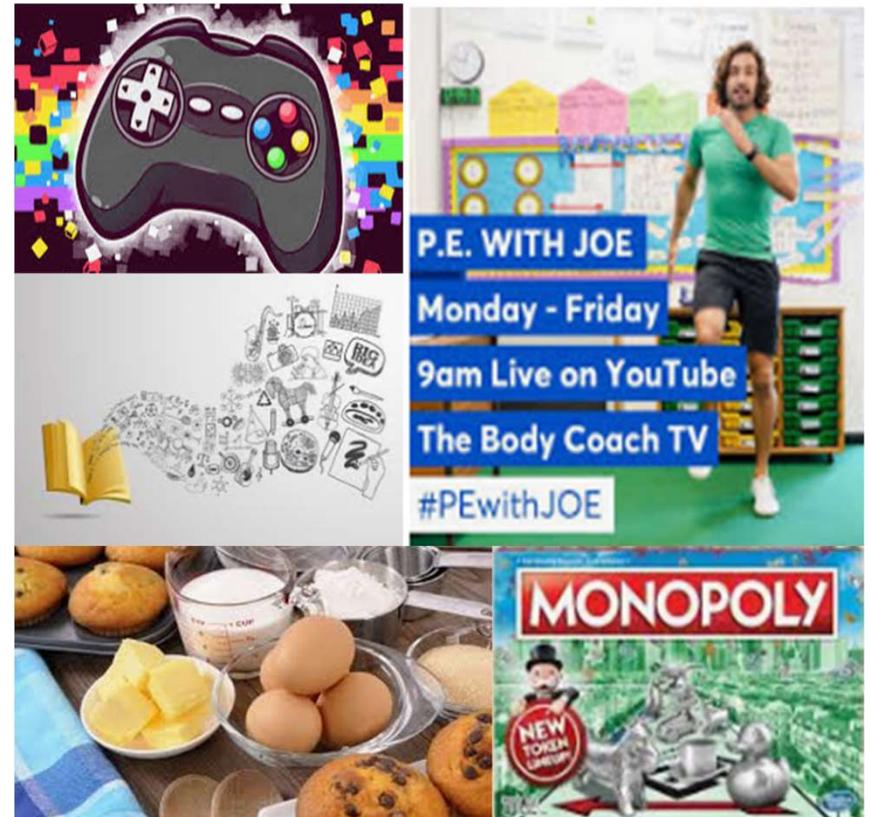


# STEP 5: GET ACTIVE

Think about doing something you enjoy  
– or trying something new.

- Sport & exercise
- Cooking or baking
- Creative or poetry writing
- Gaming
- Reading
- Design
- Board games

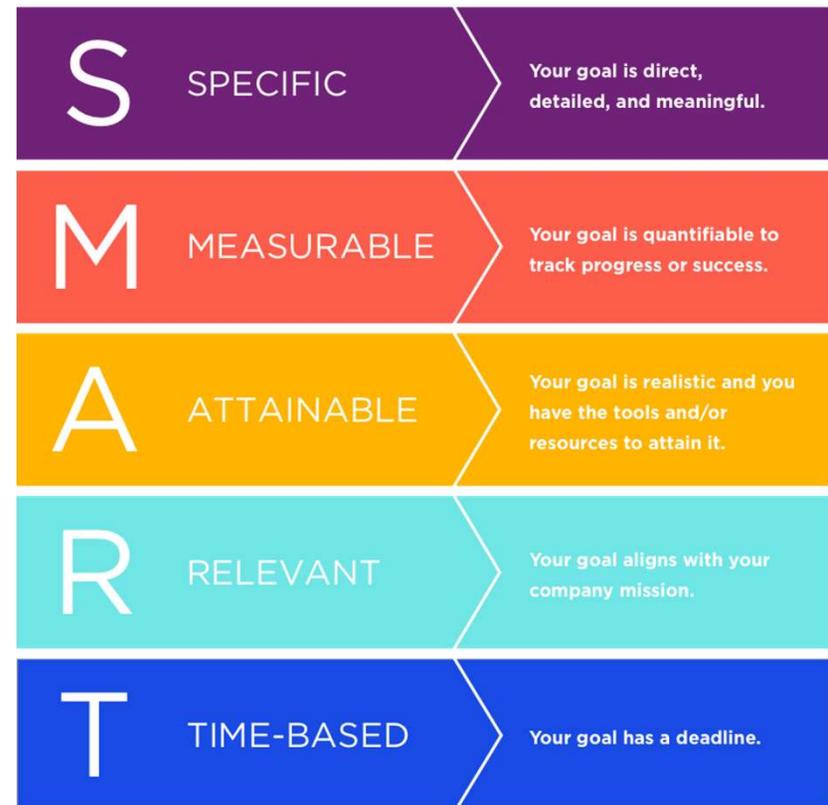
But remember, you don't have to keep plugging away at a hobby you don't enjoy just because you *think* you have to.



# STEP 6: SET YOURSELF SOME GOALS

Choose something you know you can already do and challenge yourself – but keep your goals SMART..

Achievements can give you a positive feeling and remind you just how much you are capable of.



# STEP 7: TELL SOMEONE

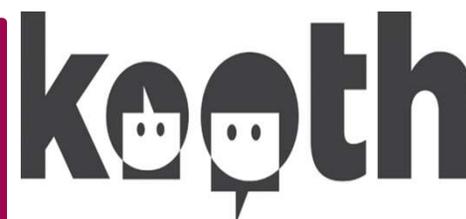
If you're really struggling with negative feelings about yourself talk to someone you trust, like a family member or a member of staff in school.

You can also talk to your GP who will be able to tell you what sort of support is available.

It's not always easy talking to someone you know or talking face to face, check out the school website for loads of support options you can use.



STUDENT SERVICES
Introduction
Attendance
Safeguarding
E-Safety
Bullying
Mental Health & Wellbeing



On Kooth you can

- Chat to our friendly counselors
- Read articles written by young people
- Get support from the Kooth community
- Write in a daily journal



HAVE A GOOD WEEK 😊

