

Top Tips

Improving confidence

Confidence – the belief in oneself and one's powers or abilities

- Take risks everyday and reach out of your “comfort zone”. Comfort zones are like muscles, the more you stretch them the more flexible they become
- Visualise yourself conquering new challenges and doing them well
- Believe in yourself and know that you can achieve anything that you want in your life
- Face your fears and anxieties and learn how to deal with them effectively. This will make you stronger
- Set yourself small realistic and achievable goals each day
- Take one day at a time – keep focussed on the present
- Surround yourself with positive people
- Have a good support network
- Try something new whether it's a hobby or a gaining a new skill
- Admit to your mistakes and see them as opportunities to learn
- Try not to compare yourself to others, you are unique in your own right
- Focus on your strengths rather than your weaknesses

“The only journey is the journey within”

Rainer Maria Rilke

Useful websites

[www.essentiallifefskills.net/
buildself-confidence.html](http://www.essentiallifefskills.net/buildself-confidence.html)

www.take-your-power.com/1c.htm

[www.psychologistanywhereanytime.
com/emotional_problems_psychologist/
psychologist_lack_of_confidence.htm](http://www.psychologistanywhereanytime.com/emotional_problems_psychologist/psychologist_lack_of_confidence.htm)

www.livinglifetotheull.co.uk

www.mind.org.uk

Mind in Cambridgeshire is a dynamic, countywide charity that supports local people in their recovery from mental health challenges; promotes wellbeing and campaigns on mental health related issues.

We believe that everyone who is affected by mental ill health should have ready access to the support they need to recover – free from stigma and discrimination.

Mind in Cambridgeshire would like to thank Comic Relief for their support in developing the Top Tips.



For more information contact:
www.mindincambs.org.uk,
St Neots – 01480 470480
Cambridge – 01223 311320