

Top Tips 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)

www.livinglifetothefull.co.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.



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