

CHANGES MODULE 2:

Tips for Raising Self-Esteem



Self-esteem is how you think and feel about yourself, how much you **like**, **accept** and **respect** yourself overall as a person. The more positive your thoughts and feelings are about yourself, the higher your self esteem will be.

Causes of Low Self Esteem

Your level of self esteem is based upon the unique experiences and personal relationships that have made up your life. Positive and fulfilling relationships will help raise your self esteem, but negative experiences and troubled relationships tend to do the opposite.

Poor self-image and low self-esteem are therefore both the cause and the consequence of mental distress. Any progress towards mental wellbeing must then start with an honest evaluation of how you see and value yourself.

Unlearning Low Self-Esteem

1. Identify and accept your strengths and weaknesses; everyone has them.
2. Set realistic goals and achieve them by learning new skills.
3. Be good to yourself – it's nice to think of others, but never at the expense of your own needs and desires. You deserve to live the life you want.
4. Learn to enjoy your own company by doing something you like.
5. Learn to say no.
6. Be proud of who you are – i.e. exploring and appreciating your own personal differences, talents and successes (and taking pride in your achievements both great and small).
7. Accept and learn from your mistakes. This means not overreacting to errors, but seeing them as opportunities to learn and grow. Take life and yourself less seriously!
8. Replace negative self-talk with positive statements.
9. Use positive affirmations and quotes – read them every day or when you are down and need inspiration.
10. In the event of a rejection, take a step back and look at the bigger picture – try not to take it personally.
11. Surround yourself with positive, healthy people (if your family doesn't fit the bill – try to limit their influence).
12. Appreciate that your rights, opinions and ideas are as valid as everyone else's.
13. Remember that you do have control over some aspects of your life.

Discussion Options

- What makes you feel good about yourself?
- Are there times you struggle more with your self-esteem?

Further reading

- *The Self-Esteem Workbook* (A New Harbinger Self-Help Workbook). Glenn R. Schiraldi.
- Raising Low Self-Esteem.
<https://www.nhs.uk/conditions/stress-anxiety-depression/raising-low-self-esteem/>
- Self-Esteem: The School of Life. Video.
https://www.youtube.com/watch?v=wC9S_fMnaU