

## **BELIEVE IN YOURSELF**

Low self-esteem can be the root cause of some mental health issues and can cause a vicious circle. You feel bad about yourself, so you feel down, which makes you feel worse about yourself, so you get depressed and it can be difficult to break the cycle. Positive thinking and boosting self-esteem can improve emotional well-being.

Self-esteem is how you think about yourself, the opinion you have of yourself. If you have low self-esteem, the thoughts you have about yourself tend to be negative and you focus on your weaknesses. This also leads to believing others have the same thoughts as you and thinking they don't think your good enough. Having a low opinion of yourself can make you prone to mental health issues such as eating disorders, self harm, anxiety, depression and phobias.

### **Ten Tips for increasing self-esteem and confidence**

1. **Be Kind:** Not only to you but to others, being kind creates a positive mental attitude. You feel better about yourself when you are kinder to others.
2. **Stop comparing yourself to others:** Trying to live up to someone or exceed their accomplishments will only create a negative frame of mind. Be you and focus on being the best person you can be.
3. **Make a list of your positive qualities:** Are you compassionate? Generous? Helpful? Write down at least ten positive qualities about yourself and return to this list as often as needed to boost your confidence.
4. **Compliment yourself regularly:** Either by looking in the mirror and saying something you like about yourself or writing in a journal. We are often quick to compliment others on their successes, but neglect to do the same for ourselves.
5. **Find something special in every day:** Even in a small way, try doing something pleasant and rewarding for yourself.
6. **Forget Perfection:** Try focussing on yourself as a person and not as a perfect person. Trying to be perfect will only cause blocks in doing things you want to do but feel you can't because you are not perfect. Perfection is accepting your imperfections.
7. **Explore a passion:** Whether it is a job, a hobby or something you have always wanted to do, pursuing your passion can lead to a sense of purpose and significantly improve your overall happiness.
8. **Get the support you need to succeed:** Don't be afraid to ask for help, accepting one's insecurities and issues is the first step to managing them.
9. **You will never know what people think:** Stop worrying about what people think of you. That is their business and unless you can mind read you will never know. Concentrate on you and doing the things you enjoy, when we worry about other people's thoughts we forget to live our life.
10. **Simply Smile:** The mere act of smiling changes blood flow to the brain and can actually make you feel happier and relieve tension. A smile sets off chemical and physical reactions within your mind and body, releasing endorphins that boost your mood.