



SELF-ESTEEM

Low self-esteem creates feelings of emptiness and doubt.
It can make us feel isolated and depressed.

Self Esteem is about the way you view yourself. A healthy self esteem means you think, feel and act in a way that says you accept, respect, trust and believe in yourself. When you accept yourself you can live with both your strengths as well as your weaknesses.

Our self image is affected by:

- What others think of us
- By what others say to/about us
- What we have been taught to think about ourselves

Without even meaning to be unkind someone might Without even meaning to be unkind someone might make a comment that hurts our self-esteem.

Low self-esteem can be caused by:

- Frequent criticism & argument
- Loss
- Abuse
- Rejection

We can do something about how we feel about ourselves.

List the good things about yourself and believe them. It also pays to remember the positive things about ourselves on a regular basis.

I am

What can you change?

- Set about doing that.
- Self-esteem leads to good mental health.
- Talk About It!

Less helpful ways:

- Withdrawal
- Hiding from yourself
- Aggression
- Fighting with others
- Clowning
- Making a fool of yourself
- Depending
- Relying on something or someone outside yourself to feel okay
- Deadening
- Using drugs and alcohol

