



Us Plus

Mental Health and Wellbeing Bulletin 3

Hello everyone,

Today's Us Plus bulletin is focused on believing in yourself.

It's common to suffer from low self-esteem at some point in your life, but you can do things to make it better. Help boost your wellbeing by trying these seven steps.

Mrs Taylor

Self-esteem is how we see and feel about ourselves. Many people will have low self-esteem at some point in their lives.

It can be caused by a number of things - comparing yourself to your friends, problems with family, problems at school, or problems with your health. Sometimes it passes on its own, but you can take steps to help yourself feel better.

Step 1: Understand why you focus on negatives

- What negative things do you think about yourself?
- When did you start thinking these things?
- What happened to make you think this way?

Step 2: Challenge the negative feelings

Ask yourself: Is there another way of looking at things? What advice would you give to a friend who was having similar negative feelings? Remind yourself of things that have happened which prove that these negative thoughts aren't true. Maybe the thing that caused those feelings has stopped. Try writing down a list of these things to keep and bring out next time you feel low.

Step 3: Focus on the positives

Write down your best feature, the last time you received a compliment, the last time you did something for someone that made you feel good. These might seem like small things, but it is important to recognise all the good things about you, and the reasons why people appreciate you for being who you are.

Step 4: Find the right people

How do the people around you make you feel?

Spend more time with the ones who make you feel good, and less with the ones who don't make you feel confident about yourself, or spend a lot of time criticising others.

Step 5: Get active

Think about doing something you enjoy – or trying something new. If you already have a hobby, do it more often. But remember, you don't have to keep plugging away at a hobby you don't enjoy, just because you *think* you have to.

Step 6: Set yourself some goals

Choose something you know you can already do and challenge yourself - but keep your goals realistic. Achievements can give you a positive feeling and remind you just how much you are capable of.

Step 7: Tell someone

If you're really struggling with negative feelings about yourself, talk to someone you trust, like a family member, teacher or school nurse.

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling. You can do this by emailing me at ktaylor@penrice.org.uk

