A Simple Guide to Self-Esteem.

Self Esteem and Positive thoughts

* Self Esteem is how we feel about ourselves
* How we are valued, accepted and thought of by others.
* It is how much we value, love and accept ourselves.
* It is not fixed it can change and improve, or sometimes it can feel low and need a bit of help to get better.
* Improving our self-esteem is a skill for life and we all have to practice and remind ourselves of the positives we have.

Self Esteem can be effected by:

 By other people may sometimes say something that makes us feel bad.

 We can also have an inner voice- an inner critic - this can send positive and negative thoughts to us. If we listen to our inner negative voice too much and find fault in everything we do it can harm how we feel about ourselves.

 When we catch ourselves being critical we can also try and say something positive as well. Remember no one is perfect.

What can help:

* Try and concentrate on what you are good at- mistakes can be positive and we can all learn from them. Everyone must accept that mistakes are part of learning.

Also:

* Eating the right food-‘Good food- Good mood’
* Drinking enough water
* Getting enough sleep
* Trying some exercise/walking getting out of the house
* Having ‘me time’ rest and relaxation time- e.g. watching a nice feel good film or reading a book.
* Looking after our teeth
* Washing our hair
* Washing our bodies- feeling nice.
* Having friends to talk to
* Having a hobby or an interest- favourite band or TV show
* Create your own style and how you want to look – no one else can wear it better than you- it is your style.

Salt Sculptor

What do you like best about yourself?

What are you good at?

What makes you happy/smile?

What make you feel good?

What are you proud of?

What is your best memory?

What is your favourite time of year?

What do you enjoy doing?

Who is an important person in your life/friend?