

What to do if you're experiencing low self-esteem



What is self-esteem?

Self-esteem is how we think about ourselves. Being confident means being comfortable with how we look and how we feel; it means feeling good about ourselves, our abilities, and our thoughts. Low self-esteem is when we lack confidence and doubt our own decisions or abilities.

How low self-esteem may affect you

If you're uncomfortable with the way you look, or your abilities, you might find yourself withdrawing from activities you previously enjoyed. In class, or outside of school, you might not want to take part in group activities. You may find yourself saying negative things, such as: "I'm not good enough" or, "I can't do this".

What you can do if you're experiencing low self-esteem

1. Focus on your positives and the things you are good at, such as being kind, being a good friend, maybe you are good at a certain sport, or subject at school.
2. Try to do more enjoyable activities - things you previously enjoyed.
3. Talk to someone you trust about how you're feeling; a friend, family member, or at school find a teacher, mentor, counsellor or school nurse.

4. Focus on 'small wins', don't chase big achievements. Do the little things and use them as a springboard. Try and feel proud of even small achievements.

5. Use the **Five Ways to Wellbeing** as a tool and maybe set some goals to achieve:

Connect – connect with the people around you: your family and friends. Spend time developing these relationships.

Be active – take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.

Keep learning – learning new skills can give you a sense of achievement and confidence.

Give to others – even the smallest act can count, whether it's a smile, a thank you or a kind word.

Be mindful – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

If you're still struggling with low self-esteem it might be time to talk to someone at your school, or your GP.
Or, visit www.liverpoolcamhs.com/need-advice