**Self Esteem**

**ENGLISH**

Self Esteem is the belief and confidence in your own ability and value. Self-esteem includes – feelings of competence, identity, a sense of belonging, a feeling of security and self-confidence.

**Spend time outside**
- Spend time with people you like and love.

**Get some exercise**
- It can empower you both mentally and physically.

**Think about your diet**
- Eating healthy will make you feel better and have more energy.

**Build a support network**
- Talk to someone you trust.
- Focus on positive relationships.
- Try peer support.
**Causes of Low Self Esteem**
- Bullying
- Abuse at home
- Changing school
- Mood disorder
- Unsupportive family

**Effects of Low Self Esteem**
- Early use of alcohol and problems with drugs
- No interest in pursuing education
- Poor self-image
- Negativity
- Trouble sustaining relationships

**Improve your self esteem**

**Be grateful**
- Start a practice of daily gratitude.

**Focus on strength**
- Helps you feel good about yourself and create opportunities to develop your strengths.

**Be of service**
- Help others and you will help yourself.

**Learn to do new things**
- Challenge yourself but remember to set realistic goals. E.g.: try a new hobby or creative activity.

**Avoid making comparison**
- Try to avoid comparing yourself to others.