

Spend time outside

- ❖ Spend time with people you like and love.

Get some exercise

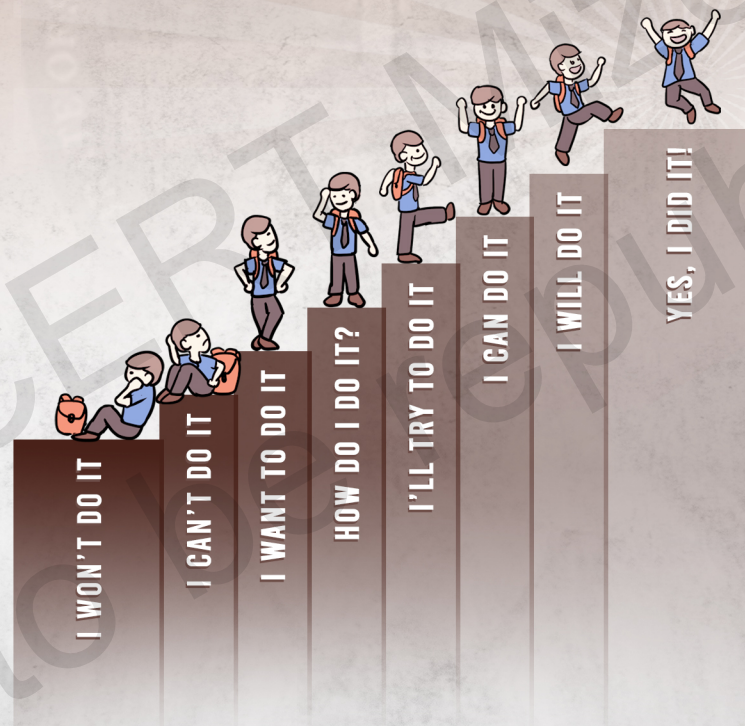
- ❖ It can empower you both mentally and physically.

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.



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.



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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.