

SELF-ESTEEM

Good Self-Esteem Means:

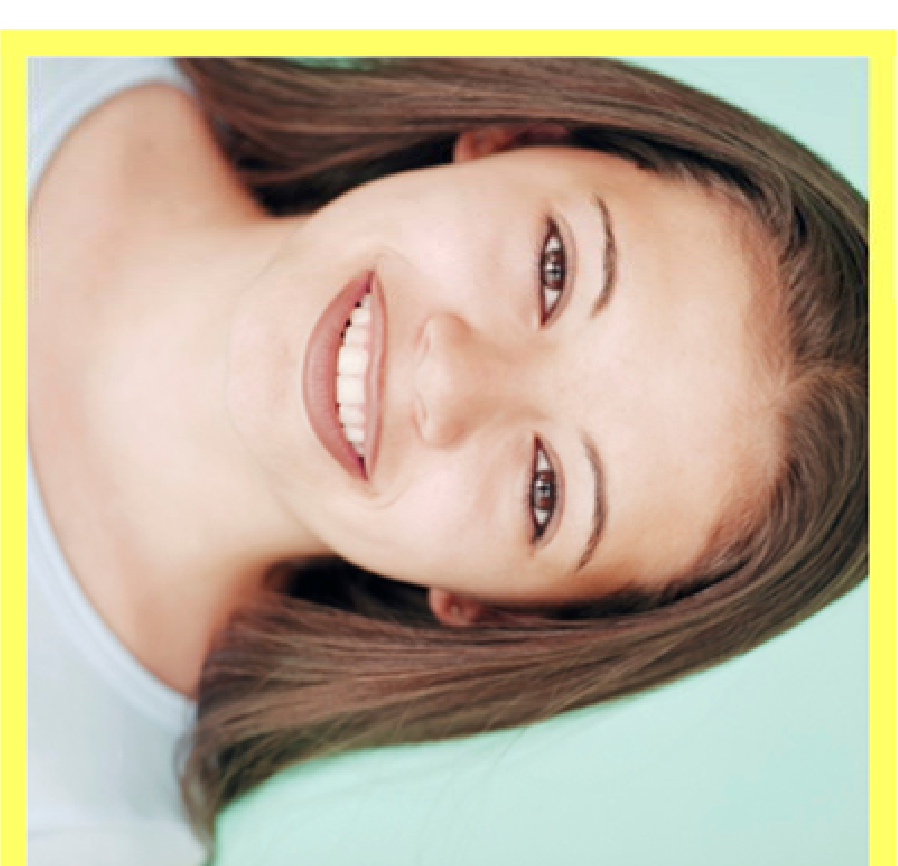
- Feeling ok about yourself most of the time.
- Having a good opinion of yourself.
- Having a positive attitude.
- Setting the right goals for you.

Self-Esteem is Important

- Feeling good about yourself helps you try new things.
- When you like yourself, you are more likely to believe other people will like you too.
- If you believe you can learn a new sport or skill you are more likely to try it.

Self-Esteem is Shaped By:

- Body image - the pressure to be the “perfect” or “ideal” body shape & size or to look a certain way.
- Knowing your good qualities & not dwelling on faults or failures.
- Experiences with peers, media images, difficult events, family & friends.



10 Tips for Building Self-Esteem

Building your Self-Esteem takes time & practice!

1. Set small, realistic goals & stick with it!
2. Deciding to change must come from you not others.
3. List what you like about yourself & build on it.
4. Collect things you are proud of & look back on it.
5. Accept compliments & ignore insults.
6. Replace negative with positive thoughts!
7. Be generous – volunteer to make a difference.
8. Build a support system of family & friends.
9. Accept yourself - don't compare yourself to others!
10. Change how you think about yourself not how you look or act. You are more than your looks.



Do you need more help? Contact your local **Mental Health & Addiction Services Office.**

Kids Help Phone 1-800-668-6868

Mental Health Crisis Line 1-888-737-4668

NL Health Line 1-888-709-2929



Western Health