



**SELF ESTEEM AND
SELF WORTH**

WHY IS SELF ESTEEM IMPORTANT?

- Positive self esteem has been proven to help motivation, energy and academic achievement over the long term
- It's totally normal for people to feel down about themselves from time to time, but when these feelings start to hang around all the time it's usually an indication of low self-esteem.
- If you have low self-esteem it means that you have negative ideas about your worth and value as a person.
- The good news is that you can improve your self esteem!

SIGNS OF LOW SELF ESTEEM

There are various signs of low self-esteem, including: Being really critical of yourself

- Focusing on the negatives and ignoring your accomplishments
- Comparing yourself to others
- Not accepting any compliments that you receive
- Negative self-talk

CAUSES OF LOW SELF-ESTEEM

- The first step to building up self-esteem is figuring out why it's low in the first place. There are lots of different things that could be the cause of low self-esteem, including:
 - Loneliness
 - Poor academic performance
 - Bullying
 - Neglect
 - Abuse
 - Feeling like you're the odd one out
 - Something going on at a deeper level
- Whether or not you know exactly what the cause is, there are steps that you can take to build your confidence and bring your self-esteem up to where it belongs.

TEN STEPS TO IMPROVE SELF ESTEEM



1. POSITIVE SELF TALK



The way that you think about yourself has a huge influence on your self-esteem. If you keep telling yourself that you're no good, you might just start to believe it even though it's not true. If you notice that you practice negative self-talk often, check out some ways that you can challenge your negative thinking and build your confidence levels.

CHANGE THESE NEGATIVE STATEMENTS INTO POSITIVE ONES:

NEGATIVE

1. I am a slow runner ...
2. Sometimes I find my studies hard ...
3. Sometimes I get lonely ...

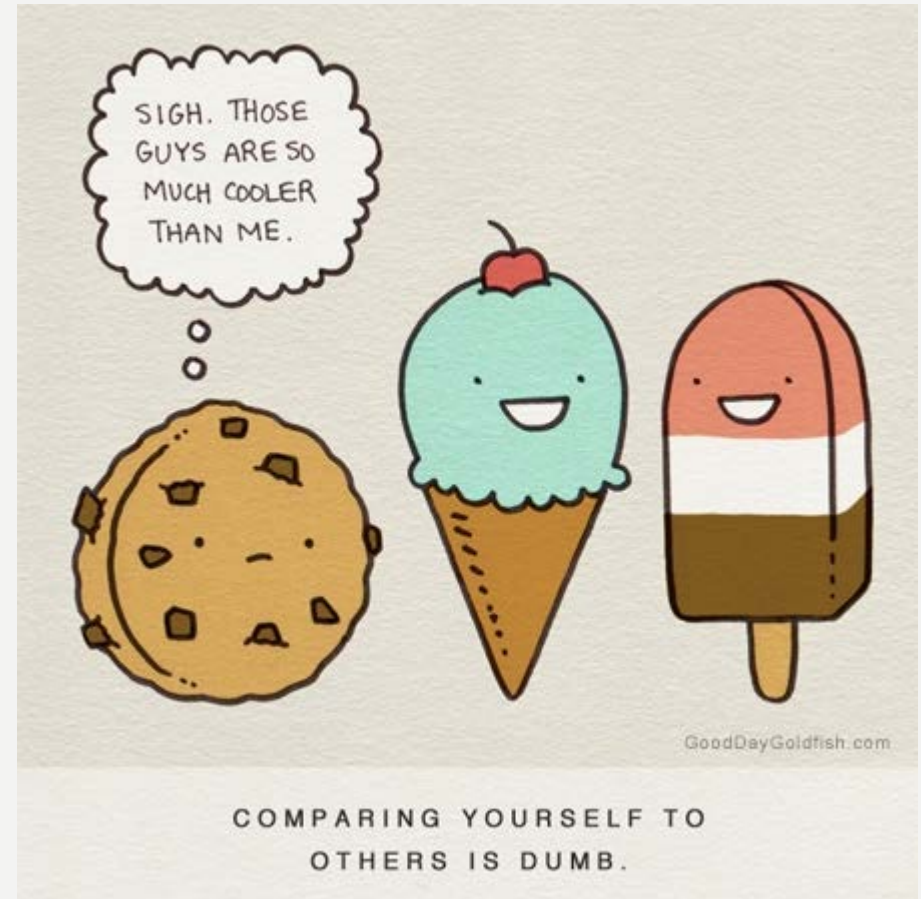
POSITIVE

1. But I am a great table tennis player.
2. _____
3. _____

2. DON'T COMPARE YOURSELF TO OTHERS

It can be really tempting to measure our own worth against other people. So what if your friend is awesome at basketball? You just need to figure out what your niche is. **Everyone is great at something - what are your strengths?**

1. _____
2. _____
3. _____



3. EXERCISE

**Exercise helps
to improve your
mood.**

End of story.



4. DON'T STRIVE FOR PERFECTION



It's really great if you want to do things well, but keep in mind that perfection isn't possible

CHOOSE ONE ISSUE YOU STRUGGLE WITH AND COME UP WITH TWO IDEAS OF HOW YOU COULD START TO MAKE PROGRESS WITH IT:

EXAMPLE:

“I am nervous about having to give a speech in class.”

1. Practice in front of your family/trusted friends
2. Visualise how good you will feel when you have successfully completed the task

YOUR TURN:

Issue: _____

1. _____

2. _____

5. DON'T BEAT YOURSELF UP WHEN YOU MAKE A MISTAKE



Everyone on the planet makes mistakes – it's in our basic human nature. Why should you be any different? When you stuff up, don't stress, just learn from it and move on.

6. FOCUS ON THE THINGS YOU CAN CHANGE

There's no point wasting all your energy thinking about things that you can't change.

Why don't you have a think about some of the things that are in your power to control and see what you can do about those?



FOCUS ON THE THINGS YOU CAN CHANGE – YOUR TURN

THINGS I CANNOT CHANGE

1. The shape of my face
2. _____

3. _____

THINGS I CAN CHANGE

1. Whether I smile or frown
2. _____

3. _____

7. DO THINGS THAT YOU ENJOY



Things that I enjoy include:

1. _____

2. _____

3. _____

If you're doing things that you enjoy you're more likely to be thinking positively. Schedule time for fun and relaxation into every day.

8. CELEBRATE THE SMALL STUFF



Start small and work your way up – you can't expect any huge progress to be made overnight.

9. BE HELPFUL AND CONSIDERATE

Not only is helping people a great way to boost the moods of others, but you might find that you feel better about yourself after doing something particularly excellent.

THINGS I CAN DO TO HELP OTHERS

1. _____
2. _____
3. _____

SURROUND YOURSELF WITH SUPPORTIVE PEOPLE

Don't hang around people who bring you down. Find a group of people who make you feel good about yourself and avoid those who tend to trigger your negative thinking.



STILL NOT HELPING?

- If you've tried putting these tips into action for a while and you haven't noticed any differences in the way you feel about yourself, it's a good idea to talk to someone you trust about it, like a friend or family member.
- You might also want to make an appointment with a counsellor who can work with you to figure out exactly what's at the root of your low self-esteem, and how to fix it.
- Dealing with self-esteem isn't easy but these people are there to help you if you want it.

PLACES WHERE YOU CAN GET HELP

- The school counsellor – free and confidential! Contact your year adviser or favourite teacher to organise a confidential referral.
- Headspace: <http://headspace.org.au/>
- Kids help line: <https://kidshelpline.com.au/>
- ReachOut: <http://au.reachout.com/>
- Beyondblue Youth: <https://www.youthbeyondblue.com>
- Black Dog Institute: <http://www.blackdoginstitute.org.au/>