

PSYCHOEDUCATION

Self-Esteem



What is self esteem?

Self-esteem is how you feel about yourself and how you see yourself. It's not just about how you look; it's also about believing in your abilities! When you have strong self-esteem, you worry less about what others think. You accept who you are, including your little quirks, and you know you deserve good things.

Sometimes, though, everyone has days when they don't feel very confident or feel like they're not good enough. That's completely normal!

In our world with social media and people showing off their best moments, it can be tough to feel good about ourselves. But it's really important to have healthy self-esteem.



Symptoms of low self-esteem

Everyone is different and people experience self esteem in different ways. However, these are some common symptoms which we could experience.:

- **Skills:** Not seeing how good you are at things like school, being funny, or your favourite hobbies.
- **Confidence:** Doubting yourself and your decisions, feeling your not enough and worrying about others' opinions.
- **Sharing opinions and ideas:** Thinking your ideas aren't important or believing others have cooler ideas to share.
- **Handling mistakes:** Finding it hard to feel okay when you mess up and thinking that mistakes make you less valuable.
- **Self-care:** Forgetting to be nice to yourself or to do things that make you happy and relaxed.
- **Body image:** Feeling upset about how you look and not liking your appearance.

What can lead to low self-esteem

Low self-esteem can arise from various factors at any time in your life, including;

- Bullying
- Stress from exams
- Difficulties in friendships or relationships
- Social media pressures
- Expectations from friends or family
- Challenges at school



Self-help ideas

Be kind to yourself, try to say kind things about yourself each day, like “I am good at drawing” or “I am a great friend.”

Celebrate your wins: No matter how small celebrate everything you achieve! If you finish your homework or try something new or manage to do something you find difficult, give yourself a high five!

Keep a gratitude journal: Write down things that you are thankful for or things you like about yourself. Focus on all the good things, this can be fun.

Be kind to others: Do nice things for other people, this can make you feel happy and help you to make new friends. Example; give them a compliment or offer to help.

Spend time with supportive friends or family: Spend time with people who make you feel good and support you! Good friends are super important!

Talk about your feelings: It’s okay to share how you feel. Talking to someone about your experiences can help you feel better.

Avoid comparisons: Remember everyone is unique! It is not helpful to compare yourself to others, focus on being the best you!

Remember: you are special just the way you are! You’ve got this!



Useful websites and apps:

Young Minds is a UK charity committed to improving the emotional wellbeing and mental health of children and young people.

<https://www.youngminds.org.uk/>



Kooth is an online free website which provides free, safe and anonymous mental health support for children and young people aged 11-18. It includes a safe online community, a range of self-help tools and live text-based chat sessions with a qualified mental health practitioner.

<https://www.kooth.com>



The Teen Sleep Hub offers advice on how to sleep better, tips on tweaking your routine and help to understand the science behind sleep patterns.

<https://teensleephub.org.uk>



The Every Mind Matters website has a specific section on mental health and self-care for young people:

Self-care tips videos for young people - Every Mind Matters - NHS (www.nhs.uk)

