

## Ignoring the signs

Low self-esteem can have a tremendous impact on your relationships. For example you may feel that you don't deserve to be treated with love and respect, and so allow people to mistreat or control you. You may get upset very easily by any comment made towards you and feel criticised or judged either at work or in your own social life. This can cause conflict, frustration or leave you feeling even more isolated.

## Self-Help

Now you've started to look at your core beliefs and understand where they came from you may also recognise that this can be a painful process. Seek professional help to support you with this change if it is distressing for you. Here are 5 tips to help keep you building your esteem and healing yourself.

1. Stop comparing yourself to others.
2. Don't put yourself down.
3. Say positive things about yourself and get out of the bad habit of putting yourself down.
4. Spend time with positive and supportive people who like you for being you.
5. Be assertive and don't let people treat you badly or without respect.

You can also boost your esteem in other ways like taking up a new hobby, doing regular exercise, or even getting a new qualification.

Doing something rather than nothing is vital.

## More support to access...

### Workshops

Our signature Dragon workshops are easy to understand and 'not too heavy' for engaging with young people. The workshops cover negative thinking, relationships, self-esteem, anger, confidence and the need for reflection or 'time out'.

### Online

Log onto [www.peaceofmind.help](http://www.peaceofmind.help) where you can access our web app on a smartphone, tablet or PC. On there you can find support, emergency contact numbers and other information on a range of topics that can help you feel more in control of your wellbeing.



### Drop-in Service Available

Mindzone is a free, confidential drop-in service for young people aged 11-18 years old who feels in any kind of emotional distress or 'bad place'. Open every Monday between 5-8pm at the RVS in Hanley (next to Iceland). 29 Charles St., Hanley ST1 3JP



#NSMindzone



North Staffs Mindzone

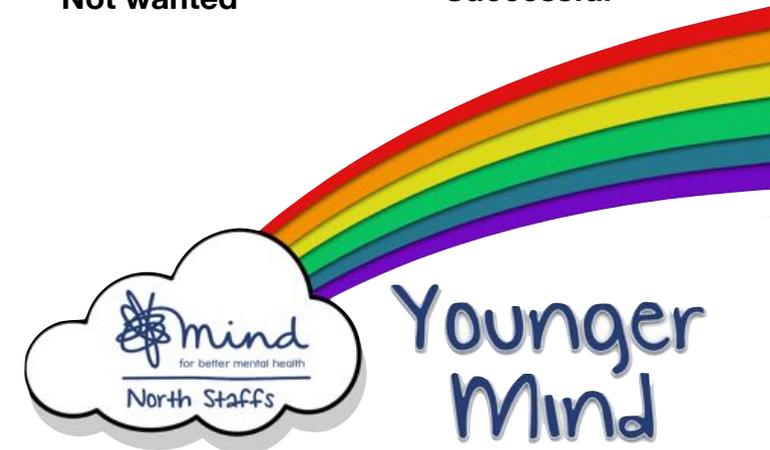
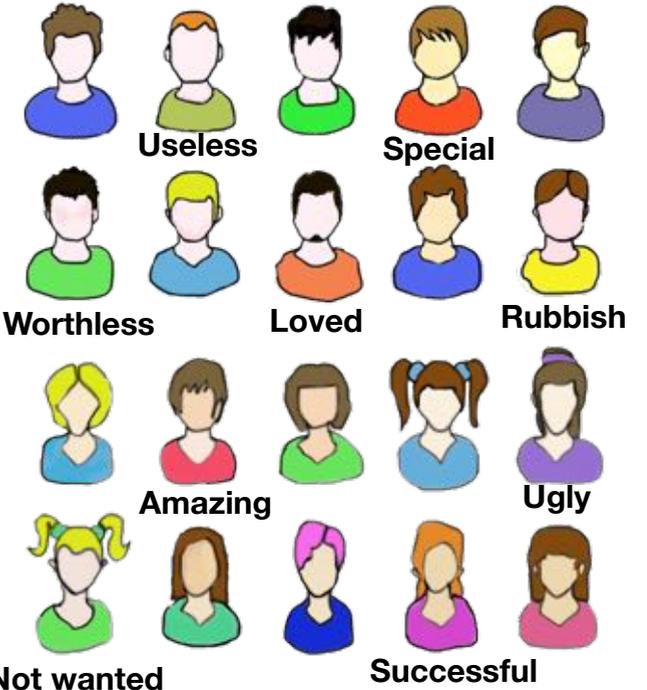
83 Marsh Street, Hanley, Stoke on Trent. ST1 5HN  
T 01782 262100 W [www.nsmind.org.uk](http://www.nsmind.org.uk)  
E [mindzone@nsmind.org.uk](mailto:mindzone@nsmind.org.uk)



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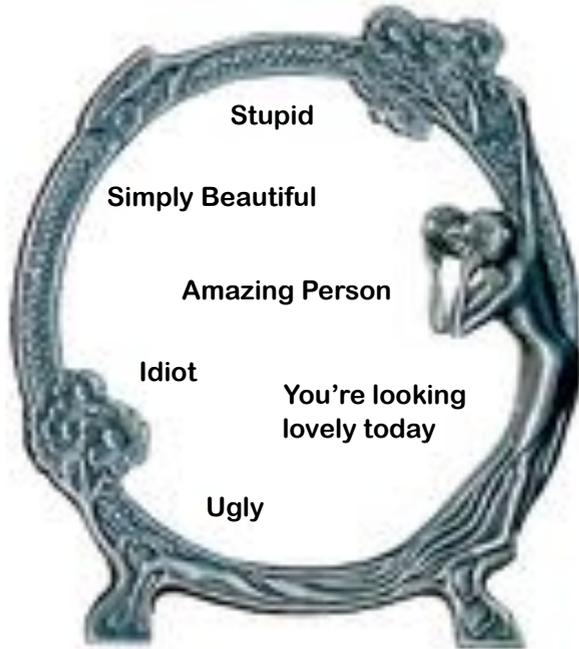
## Esteem

Noun: respect and admiration



## What is self-esteem?

Most people have an opinion on themselves and it's these thoughts that affect how you feel about or 'value' yourself. If you have low self esteem these beliefs will often be negative and tend to focus on what you feel are your weaknesses, faults or even mistakes that you have made. If you have high self-esteem you generally see yourself in a positive or 'healthy' way.



Holding negative beliefs about yourself is very damaging. Over time your confidence, your resilience and your ability to cope with the stresses of life get worse. This puts you at a greater risk of developing other mental health problems such as eating disorders, depression, anxiety or social phobia which is closely related to your mood and self-belief.

### Our own worst enemy

Most people with low self-esteem confuse what they do with who they are. They make the mistake that a bad action is a sign of a bad person. For example, if they fail at something then they assume that means they are a failure as a person.

### Making mistakes.

Everybody makes mistakes. Believing that mistakes mean you are a bad, worthless, useless or inadequate person will stop you from trying new things out. Your opinion of yourself will affect your confidence levels and your mental health.

### I am bad

If I let anybody close to me, they will hurt and take advantage of me. I must never allow anyone to see my true self as they will dislike me and reject me.

(versus)

### I am worthy

If I let people get close to me, I get the warmth and affection that I know I need. Since my true self is worthy, I need not hide it. If some people don't like it, that's their problem.

## How can I build esteem?

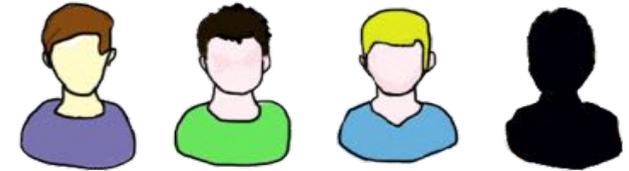
Most young people recognise that they need or want to improve their self-esteem. However, they do not know exactly what can help to build it. Identifying your negative beliefs is the starting point for those with low self esteem.



Firstly, you must identify and list all of those unhelpful thoughts, rules and beliefs. List the ones which caused you the most trouble or problems in the past. It may help to write them down on a piece of paper (like at the top of the next column) to see them more clearly.

Compare the good (positive) versus bad (negative) column to see the damage done by those self-critical thoughts.

## Who is your role model?



Take some time to reflect over the list you've made. Where did all those unhelpful thoughts come from? Were they given to you by family, friends, peers, teachers, coaches or did you judge yourself with others in an unequal way?

We usually learn about ourselves and the world we live in from the people around us. If we have very positive people around us then that is most likely to rub off on us. Equally if you are used to hearing very critical people in your life that make you feel bad about yourself then after time you can actually start to believe those words to be true.

If you had to describe the qualities you'd want from a good role model what would they be? Do these match those of the people who you surround yourself with? Remember to be honest with yourself and ask yourself is this person good for me or do I get put down all the time?