

What is Self Esteem ?

- Self-esteem is based on the thoughts and feelings you have about yourself. These can be positive, negative, or accepting.
- Self-esteem is a term to describe someones sense of self-worth or personal value.

How do I improve my Self Esteem in A Crisis ?

- Practice Self Love .
- Be mindful this is not permanent and the crisis will end.
- Build a routine to have some focus in your day.
 - Create your “safe space” in your environment and make it your own for example place candles / plants / pictures.
- Reach out to friends daily via online means such as FaceTime and phone calls to stay in touch .

Tips on Strengthening Self Esteem

- Learn to identify and accept your strengths and weaknesses. (We ALL have them)
- Set realistic goals for yourself, and write down small short term and long term goals and try work toward these.
- Learn to trust your own feelings and intuitions.
- Enjoy Hobbies, individual sports, crafts, and reading are examples of ways to be alone.
- Avoid people who make you unhappy.
- Start giving more. Give your time, your smile, do good deeds, Doing nice things will help you feel good about yourself .

Self Esteem



*“Believe in yourself
and you will be
unstoppable”*

~ [HealthyPlace.com](https://www.healthyplace.com) ~

Resources



* Samaritans : 0330 094 5717

* Young Minds : <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

* HeadSpace : <https://www.headspace.com>



Staying Healthy Mind / Body and Soul / Sense of self

Engage with Nature

- Although it is hard to spend time with others , try and make the most of any outdoor space this can help your wellbeing

Going for a small walk and notice the leaves/sunlight being present and mindful

Looking out of the window to watch the birds to engaged with nature

Maintain a Routine

Create a positive mantra for the day

Wake up and go to bed at healthy times to ensure you get enough sleep

Set time to do school work do something fun for yourself

Find some time to still have value to your day

Healthy choices

Do your best to eat well

Choose healthier choices as eating bad food all of the time can affect our mental health

Create new and delicious food for you and your family

Focus on your Life Goals

Create a board in which you place pictures / ideas

On your future goals in place you can see this

Look into places you want to travel and your future career path

Focus on the Positives

Try to limit Negative TV / Social media time

Touch base with friends you have not connected with in a while

Notice your great qualities / do a diary