



SELF ESTEEM & BODY IMAGE



Self-esteem is how we value and perceive ourselves, our personality, and our appearance. It has a big impact on the way we feel and treat ourselves.

People with low self-esteem often feel bad about themselves, are hard on themselves and think they are not good enough

It's common for body image to play a big part in self-esteem.

Someone with a negative body image may be unhappy with aspects of their physical appearance, causing them to feel shame or self-hatred, be overly self-critical and low in confidence.

WHAT AFFECTS SELF-ESTEEM & BODY IMAGE?

- Relationships
- Bullying
- Abuse
- Past experiences
- Social media
- Other people's expectations
- School work
- Prejudice or discrimination

WHAT CAN HELP

Notice your thought patterns, Sometimes negative self-talk can become so "normal" that we don't even notice it anymore!

Noticing it is the first step towards challenging it

- Use thought records to monitor your self-talk
- Keep a thought/feeling journal
- Read about unhelpful thought patterns and see if you recognise any in yourself.

Challenge your negative talk -

- "Is this based on fact or opinion?"
- "Would I talk to a friend this way?"
- "Is this fair, important or useful?"

WHAT KEEPS LOW SELF-ESTEEM GOING?

Negative self-talk" is the way you "talk" to yourself in your mind. It's that little voice in your head that always criticises and puts you down.

- Negative self-talk might come from what we've heard from others or in the media. We then start to repeat and believe these negative thoughts, even though they are not always true, important, or useful.

POSITIVE SELF TALK

- Talk to yourself as you would talk to a friend
- Use more friendly, fair and balanced language
- Remember you don't have to be perfect to be ok

COPING STRATEGIES

- Avoid comparing yourself to others
- Make your own "What I will say to myself" cards
- Use relaxation techniques
- Acknowledge your strengths & the things you do like about yourself, write them down.
- Before you go to sleep, think of 3 things you did well that day - no matter how small