

# Wellbeing Wednesday



## ISSUE 10: Improving your self-esteem

Self-esteem means different things to different people and may not even be the same from one day to the next.

### Improving your self esteem

- ✓ Self-help – we often have much greater resources than we think we have and can, do things to help ourselves
- ✓ Use your imagination to remember times or events when you felt better about yourself. If you can't remember perhaps others can.
- ✓ Set realistic, achievable and meaningful goals to focus on. Achieving even small goals can build a sense of competence and increased self-belief.
- ✓ Try to identify unhelpful patterns of thinking and behaving by becoming more aware of the things you say and do. If you can identify what isn't helpful you can begin to see what might be.
- ✓ Take regular, appropriate, gentle exercise.
- ✓ Take time out to relax and get away from daily pressures. People with low self-esteem are often highly emotionally aroused and need to learn ways of calming themselves down.
- ✓ Eat a good diet and cut down on alcohol
- ✓ If you can, seek support from friends and family, or perhaps colleagues and managers, other health professionals such as your GP
- ✓ Find out more information, for example, on the internet or from your local library and bookshops.