

Ways to Improve Your Self-Esteem

Accept and believe in yourself.

Appreciate and accept yourself as a unique

individual.

Involve your skills and talents in your life.

Practice positive self-talk.

When you have thoughts that

are negative or tend to make

the choice to think differently.

Fill your thoughts with positive

encouraging messages.

Develop your skills.

Whether you like sports,

writing, or any other skill, learn to become more accomplished.

Something is a great way to improve your self-esteem.

Be willing to try new things.

Challenge yourself, stretch your abilities, and look

for new experiences. Have a can-do attitude.

Help someone else.

Helping others can make you feel good.

Make a goal to help someone.

Surround yourself with positive people.

Seek out friends who are supportive and

encouraging. As much as possible, avoid

people who are negative or who

Accept that you are human.

If you tend to be hard on yourself,

slack. No one is perfect. Do your best.

If your feelings go beyond a low self-esteem and cross over

that you talk to a counselor or to someone

helping you. You can also contact

texting START to 41741, chat online with a counselor

at 1-800-273-8255, or call 1-800-273-8255.

suicide prevention lifeline at 1-800-273-8255.

Improving Your Self-Esteem

Self-esteem is how we feel about ourselves. It can be positive or negative.

When you have low self-esteem, it can feel like you're not good enough, or that you don't measure up.

There are many things that make you valuable, amazing and important. You can improve your self-esteem.

Self-Esteem Survey

How often do you...?

- | | | |
|------------------------------|-----------------------------|---|
| ☐ Yes | ☐ No | 1. Do you acknowledge your strengths and weaknesses? |
| ☐ Yes | ☐ No | 2. Are you able to control your emotions when you don't want to do something? |
| ☐ Yes | ☐ No | 3. Do you accept feedback from others? |
| ☐ Yes | ☐ No | 4. Are you able to express your feelings to others? |
| ☐ Yes | ☐ No | 5. Do you feel good about yourself? |
| ☐ Yes | ☐ No | 6. Do your positive experiences outweigh your negative ones? |

☐ Yes ☐ No 7. Do you have a positive outlook overall?

The more "Yes" boxes you checked, the better your self-esteem may be.

If you checked several "No" boxes, try some strategies to feel better about yourself. You can do that, may I help?