



Self-esteem includes how you think and feel about yourself. There are many factors that influence your self-esteem. How you were raised, your school life, work life and close relationships all play a part in self-esteem. Your self-esteem affects the quality of your life.

A healthy self-esteem will:

- Make you feel like you can contribute something to the world.
- Help you feel successful, productive and able to achieve your goals.
- Help you feel worthy of being loved and able to love others.

Negative or poor self-esteem:

- Can keep you feeling down or depressed.
- Makes you feel less confident about attaining your goals.
- May make you think incorrectly about yourself and others.
- Can drive away your friends and loved ones.
- Will cause you to feel worthless.

Good self-esteem is something you can work towards and achieve. Ways to build a healthy self-esteem are:

- Think positive thoughts about yourself. Make this a constant habit.
- Be with people who are positive, loving and accepting of you.
- Do something nice for yourself everyday.
- Remind yourself of your strengths and talents often.
- List all your positive qualities and the things you have accomplished.
- Surround yourself with laughter and fun. Watch funny movies.
- Trust, respect, praise, love and accept yourself.
- Set short and long term goals you can reach (see fact sheet on goal setting).
- Accept your failures and mistakes. We all make them.

- Be aware of your negative thoughts. Monitor them and then ask yourself if they are real.
- Substitute each negative thought with a positive thought (see fact sheet on positive self-talk).
- Be flexible to challenges and change. Accept these as a chance to grow.

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