

WITH ME **iN** MIND

Self-esteem

Ways to build self-esteem



Say daily positive affirmations to remind yourself of your strengths



Surround yourself with positive friends who treat you the way you want to be treated



Embrace and accept all of you



Look in the mirror straight into your eyes and tell yourself 'I love you'



Learn and practice ways to create calm and peace such as mindfulness



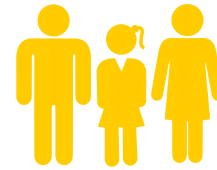
Identify the things you can and cannot control. Focus your energy on the things you can change



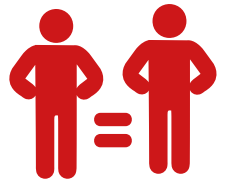
Do random acts of kindness



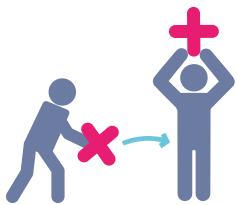
Forgive others and yourself. Remember we are all human and make mistakes



Form connections and relationships with caring adults



Avoid comparing yourself to others



See mistakes as an opportunities to learn and grow



Complete chores, assignments and other responsibilities you have been putting off



Ask for help and support. No one can do it alone



Say what you want, need and hope for



Create, build, cook, bake, garden, do art



Place your hand over your heart and give yourself a big hug



Laugh, play have fun, get silly



Read for fun, for relaxation, read for you



Talk about your feelings with someone you trust



When things don't work out how you wanted, get back up and try a different approach