

WITH ME MIND

Self-esteem



Top tips for improving your self-esteem

- Speak to someone about how you are feeling; this could be a friend, family and teachers.
- Take up a hobby or new interests, being part of a group can build our sense of self and develop a feeling of feeling.
- Exercise is one of the best natural ways to boost your mood.
- Do not compare yourself to others. Low self - esteem stems from the feeling of being inferior.
- Enjoy Some Self Appreciation, take time to appreciate your qualities.
- Be around those that support with your self- esteem.