

BECOMING COMFORTABLE WITH WHO YOU ARE

Give yourself a chance to improve the relationship with the person you see peering back at you in the mirror:

- What are my likes and dislikes?
- What kinds of topics really grab my interest in conversations or on the TV/internet?
- What makes me laugh or cry?
- What are some of the memorable things i've done or experienced in my life?
- What are some of my favourite things?
- What words would I use to describe myself to someone I have never met?

The purpose of this exercise is to describe yourself as you would a room or object not to evaluate yourself. Put any negative thoughts you may have to one side for a minute. What do you discover?

Would you like to find out more
then come along to the student drop-in
in SF2 Thursday lunchtimes 1230-1330

**BOOSTING
SELF-ESTEEM**

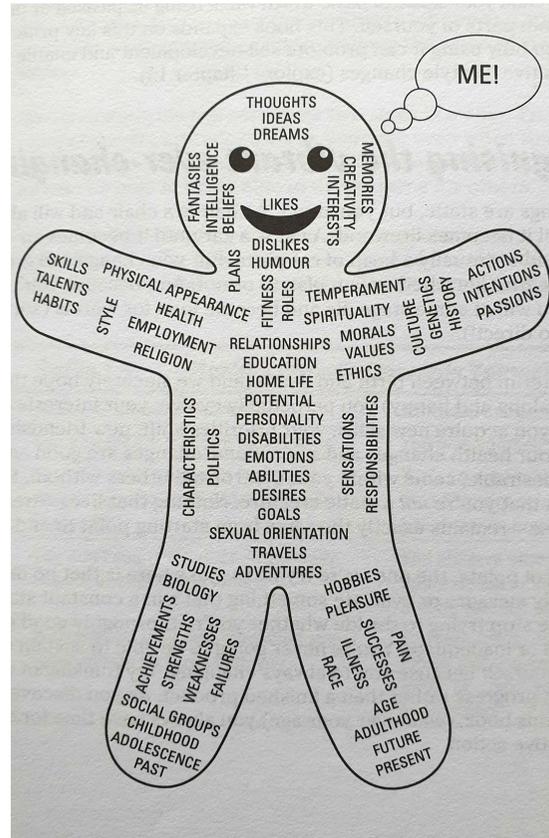
WHAT IS SELF-ESTEEM

Healthy self-esteem is having a lasting sense of yourself as a valuable and worthwhile individual. Someone who can treat themselves with compassion and appreciation without relying on outside opinion to think well of themselves.

Some examples of lasting self-esteem:

- Accepting yourself even when you are faced with failure
- Liking who you are while at the same time striving for personal development.

You might believe that self-esteem is something you have or don't have. But in fact the way you feel about yourself is something that you can work towards improving. Good solid self-esteem requires ongoing effort and nurturing.



This picture shows just how many different bits and pieces comprise a whole person (and these are just the ones we can fit in this leaflet). Take a look at the picture and think about yourself for a minute. How many different things make you the person you are?

You have hundreds (upon millions!) of various features about yourself so giving yourself a one off rating - such as good/bad/weak/strong/ a success/ a failure - is not helpful.

RECOGNISING THE VIBRANT EVER-CHANGING YOU

Coming up with an easily remembered and realistic self-accepting statement can be a useful tool for combating low self-esteem. Everytime you catch yourself defaulting to self-defeating thoughts, you can challenge and replace them. Here are some examples:

- I have fundamental value
- I'm a complex person capable of success and failure
- I'm a worthwhile person
- I am unique