



HOW TO BUILD SELF-ESTEEM

MENTAL HEALTH &
WELLBEING

DEVELOPMENT PROGRAMME

WHAT IS SELF-ESTEEM?

Self-esteem is a person's overall sense of self-worth and personal value. It is an individual's perception about who we are and what we are capable of.

IF YOU ARE STRUGGLING WITH LOW SELF-ESTEEM YOU MIGHT NOTICE SOME OF THE BELOW BEHAVIOUR

DIFFICULTY SPEAKING UP_

Low self-esteem comes with low confidence, therefore speaking up is proven to be difficult. You may be worried about messing up which adds to your already high stress level.

AVOIDING PRIORITIZING YOUR OWN WANTS AND NEEDS_

Worried about speaking up for yourself, you tend to avoid expressing your opinion, therefore you may end up going along with other people's wants.

FEELING GUILTY FOR EVERYDAY ACTIONS_

You may find yourself apologizing for things you have no control of, yet feel as if it is your fault.

NEGATIVE SELF-TALK_

Talking harshly to yourself. You think that people will not like you or accept you for who you really are.

HOW TO BUILD YOUR SELF-ESTEEM

START MEDITATING, USING POSITIVE AFFIRMATION_

Meditation has been proven to help with mental health and general wellbeing. It helps you to manage your anxiety and improve focus. If you struggle to meditate by yourself, there are lots of free guided meditation videos available on YouTube.

PUT YOUR HEALTH FIRST, WITH BALANCED EXERCISE AND NUTRITIOUS FOOD_

Exercise has been scientifically proven to help with low self-esteem and reduce anxiety as it releases feel-good chemicals in your body and brain, a balanced diet will also reduce mood fluctuations.

GET OUT OF YOUR COMFORT ZONE EVERY NOW AND THEN_

It is always a challenge stepping out of your comfort zone, but it will contribute to your personal development. Pushing yourself will give you confidence in your everyday life.

IDENTIFY AND CHALLENGE YOUR NEGATIVE BELIEFS_

This can be done with professional help, but you can try it for yourself too. Try listing down

all your negative thoughts and next to them write a positive response. Try to recognize and tackle the thought-loop before it starts.

AVOID COMPARISONS_

Instead of pouring your energies into comparing yourself to others, try channelling your thoughts into motivation. Find ways to improve yourself, and recognise that you, too, can achieve great things.

CELEBRATE YOUR SUCCESSES_

It can be easy to notice and fixate on the times when things go wrong and when we feel like we've let ourselves down. But if you begin to pay attention to your own successes, you will find you have lots of accomplishments to be proud of, however small they might seem.

SEEK PROFESSIONAL HELP_

There are many ways to seek professional help, ranging from ongoing sessions with a therapist to reaching out to support organisations such as Mind who can offer a range of support articles, resources and further signposting.

We're proud to be the only charity set up in memory of Diana, Princess of Wales, and her belief that young people have the power to change the world. It's a big mission but there are two things within it that we focus our charity's efforts on – young people and change.

Throughout all our programmes and initiatives, 'change' for and by young people is central. We celebrate this by recognising young change makers with a Diana Award, the most prestigious accolade a young person can receive for their social action or humanitarian work.

We hope you found this resource useful and wish you all the best in your social action journey. If you would like to help us create more resources and recognise even more young people with a Diana Award, you can make a donation by visiting <https://diana-award.org.uk/donate/>



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