

30 tips to help boost low self esteem

1. A worthwhile thing to do is to keep a diary/journal. Write in it daily. Your entries can be as simple or as detailed as you would like. Write about what you have done in the day and be sure to include how you have felt and why you felt that way. After a while you may establish a trend, maybe when you are around a certain group of people you tend to feel less or more positive about yourself.
2. Take positive action and set yourself achievable targets and goals.
3. Accept that you have low self esteem and commit to making an effort and taking steps to improve it.
4. Accept the praise that you are given.
5. Be true to yourself, do what YOU want to do, not what you think you should be doing.
6. Celebrate your successes, including the small ones. It's all taking you forward.
7. Do charity work or get involved in something you feel passionate about, because you'll feel like "yay, I'm doing good things".
8. Do not compare yourself against others, accept yourself as you are. Everyone is different and has different good and bad points.
9. Make a display of things that make you smile either on a wall or in a scrapbook - these could be anything - photos, tickets from places you love, pictures of things you'd love to do.
10. Forgive yourself! If you've done something wrong, learn from your mistakes. Don't hold grudges against yourself!

11. Get creative - Draw, Paint, Sing - express yourself.
12. Have a hug with someone you love, family, friend, partner.
13. Have good role models - friends and family, not celebrities! Look up to real people who are inspiring and encouraging!
14. Keep a log of the positive things that people have said about you, so that when you are having a down spell you can look and have proof to challenge negative thoughts.
15. Taking some time for yourself can be very therapeutic, so run a bath or listen to some music in your room. Allow yourself some time away from others and don't allow yourself to think negatively. Just enjoy the experience.
16. Know what you want and ask for it. Be assertive - you deserve to succeed!
17. Learn a new skill example card making, playing an instrument, learn to drive (I did this and it helped boost my self esteem a lot).
18. Listen to any compliments you receive, and accept them politely. Don't argue, and don't ignore them. People aren't lying to you!
19. Look in the mirror and say something positive about yourself. Stop judging yourself - Nobody is perfect everybody has their flaws.
20. Stop self-criticism. Change your inner talk by answering back with a positive statement. Practice acceptance. Accept what you can't change and also what you can change.
21. Take it easy. Don't be afraid to make mistakes. Everybody's bound to make mistakes once in a while. That's when you learn.
22. Talking with a close group of friends or someone you trust is great way to combat insecurities. A good friend will comfort you and give you advice, and maybe share some of their own insecurities.
23. Think of three things each day that you are grateful for.

24. Challenge your thoughts. Every time you find yourself putting yourself down question how that thought is helping you or if it is even true? Would you say that to your friends? If not then why put yourself down? Learn to be your own best friend.
25. Every achievement, no matter how small, is something to be very proud of. Don't forget that if you're feeling low, think about everything you've achieved I'm not just talking academically here - did you learn to ride a bike? Or learn how to swim? Can you read and write? Can you talk or communicate with others? These are all your own personal achievements. Be proud of yourself.
26. Doing things, exercise, fresh air, releases positives endorphins and the body's happy hormone serotonin that will boost your mood and brighten your day. Let the sun shine on your skin, listen to the birds and see beauty where you missed before- before you know it you will have a clearer picture of the beauty each and every one of us has inside (especially you!).
27. Smile and laugh.
28. Just because it didn't work the first time, or the second time, or the third time, doesn't mean it never will.
29. If you feel you have a problem or face a difficult situation, try to confide in somebody you feel comfortable with like a parent or teacher about your thoughts to release your worries Or alternatively, to make it easier, write a note or text to send the message across.
30. Write down the things that you have achieved in your life stick it up somewhere.

Thank you to all the Young People who sent in their tips. We have many many more so will be creating more sheets like this!