

## MENTAL HEALTH: SELF-ESTEEM & SELF-WORTH

Self-esteem is how we value and perceive ourselves. It is the valuation we have given ourselves based on our characteristics and morals.

Self-esteem can be positive or negative and can often feel really difficult to change.

High self-esteem: talking positively about yourself

- Ability to make good decisions quite quickly
- Able to be assertive in situations where it's necessary
- Able to feel you deserve opportunities
- Inner belief in the decisions you make

Low self-esteem: a really negative internal dialogue

- Using derogatory terms about yourself
- Not having belief in decisions you make

- Taking a long time to make decisions
- Feeling every decision is the wrong one
- Every mistake is over-analysed
- Constantly beating yourself up for doing something wrong

## How to boost your own or someone else's self-esteem

- Talk about strengths and achievements
- Highlight and list great things achieved
- Highlight and list good things about self or others
- Set daily SMART goals: list 10 things you're proud of or you like about yourself, make and tick off one decision you've been putting off
- Always aim to move towards better and higher self-esteem

*These materials provide an overview to help raise awareness and understanding. If you have concerns please always seek additional support and advice from your safeguarding lead.*