

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.

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.

Look for support that will provide positive interactions – counselling, group support, telephone buddy – because:

- Negative influences can make you feel low and doubt yourself
- Positive influences can make you feel upbeat and raise your self-esteem

Social media and friendship groups can have a massive impact on how you feel about yourself so:

- Distance yourself or unfollow those that negatively influence your internal dialogue
- Surround yourself with positive influences

These materials provide an overview to help raise awareness and understanding. If you have concerns always speak to a member of staff. For support outside of College hours visit our [Out of Hours](#) page your GP, call 999 or visit A&E. You can also visit the [Student support information](#) or [counselling](#) for a list of support services.