



Positive Mental Health and Well-Being

Issue 2



Wonderful Well-being ! This week's focus is on Self Esteem and Confidence.

Self Esteem and Confidence

When you **value yourself** and have good **self-esteem**, you feel **secure**, **worthwhile** and **confident** about yourself and abilities. You are open to **learning /trying new things** and take feedback in a **positive** way. Self-esteem and confidence means you have a **positive attitude and belief in yourself** that you can **achieve and accomplish your goals**. Low *self-esteem* may hold you back from succeeding at school or work because you don't believe in *yourself* to be able / good enough to succeed.

Marvellous Me

Celebrating personal qualities ,uniqueness , achievements & talents.



Affirmations:

I am wonderful, just the way I am.

I am special & unique.

I am talented & not afraid to try.



Daily Affirmations are a quick and simple way to help improve self-esteem. Affirmations are positive phrases that are repeated and learnt. Once learnt, they work by coming to mind when that belief is challenged. For example; If your affirmation is 'I am wonderful, just the way I am', and you are told you are... stupid. The affirmation will come to mind to remind you of your belief. You will then be thinking." I'm not stupid, I am wonderful! "

☺ Positive Psychology website is a great website with lots of activities to help raise self-esteem, not only in children but also teen and adults. <https://positivepsychology.com/self-esteem-worksheets/>

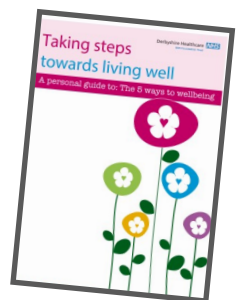
☺ <https://veryspecialtales.com/self-esteem-activities-for-kids/> is a lovely site with 15 Fun Self-Esteem and confidence Building Activities & Games for Kids / Teens.

☺ **Mind** explains what self-esteem is, gives practical tips for improving your self-esteem, and advice on where you can go for support. www.mind.org.uk/self-esteem/tips-to-improve-your-self-esteem/



Ask yourself where are you on the mood scale today?

Derbyshire NHS have created a great guide to well-being, it was designed to support people in taking action to have a healthier and more satisfying life. Take a look [A personal Guide to : The 5 Ways to Well Being](#)



1-3 Please talk to someone, parent/carer, older sibling, friend or a teacher about how you are feeling.

4-6 Try doing an activity from our website or visit the CalmZone / Anna Freud and hopefully this will help you back on track and move up a level!

7-10 You are feeling good, keep doing what you are doing! Share that smile!



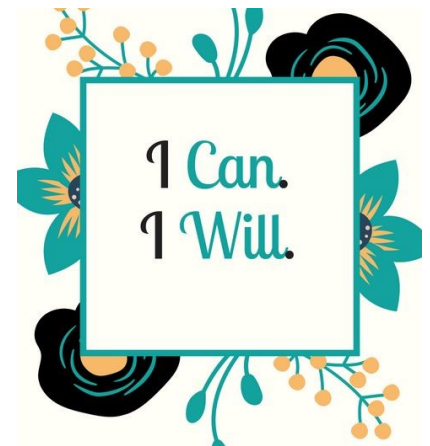
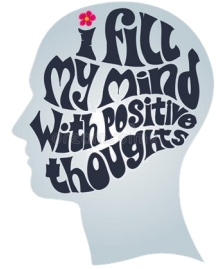
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How To Use Positive Affirmations

1. Take three deep breaths, inhaling and exhaling to a count of 10.
2. Stand in front of a mirror and look yourself in the eyes. Smile, if it feels natural.
3. Say your affirmation (or list of positive affirmations) slowly and clearly.
4. Repeat the affirmation(s) 3-5 times, really focusing on the meaning of each word.
5. Take another three deep breaths, allowing your body to absorb the positive feeling of the affirmation(s).
6. Repeat your affirmations daily and feel your confidence and self belief grow.



positive thoughts generate positive feelings and attract positive life experiences

Do not underestimate yourself by comparing yourself with others. It's our differences that make us unique and beautiful.

