



Think about ...



# Self Esteem

**ONCE I REALIZED THE POSSIBILITIES MY ESTEEM GREW AND GREW**



I didn't realize how good I was with other people until I volunteered to help out



We all have a mental picture of who we are, how we look, what we're good at, and what our weaknesses might be. This mental picture contributes to our self esteem and how we feel about

ourselves. How we feel can control how we live our lives.

Having positive self-esteem allows you to accept yourself and live life to the full. It plays an important role in

almost everything you do. You are more likely to ask for help and support from friends and family when you need it. You also believe you can solve problems and achieve your ambitions.

**REMEMBER**  
"Self-esteem" is not fixed for life.  
You can improve it!

We all experience problems with self-esteem at certain times in our lives - especially during our teens when we're figuring out who we are and where we fit in.

People who don't see themselves as having the qualities they admire may develop low self-esteem. But people who have low self-esteem often do have the qualities they admire. They just can't see it!

If you need help with improving your self esteem speak to a relative you trust or your school counsellor.

## Here are some Sources of Support

### Helplines:

- Childline 0800 1111
- Samaritans 0845 790 9090
- Lifeline 0808 808 8000

### Useful Websites:

- [kidshealth.org/teen/your\\_mind/emotions/self\\_esteem.html](http://kidshealth.org/teen/your_mind/emotions/self_esteem.html) - looks at how to deal with self esteem problems
- [www.mind.org.uk/help/diagnoses\\_and\\_conditions/increase\\_your\\_self-esteem](http://www.mind.org.uk/help/diagnoses_and_conditions/increase_your_self-esteem) - tells you how to increase your self esteem
- [www.spunout.ie/health/Healthy-mind/Confidence-%2526-shyness/Low-self-esteem](http://www.spunout.ie/health/Healthy-mind/Confidence-%2526-shyness/Low-self-esteem) - tells you about what can cause low self esteem and how to deal with it
- [www.bbc.co.uk/health/emotional\\_health/mental\\_health/emotion\\_esteem.shtml](http://www.bbc.co.uk/health/emotional_health/mental_health/emotion_esteem.shtml) - info on low self esteem