

Building Self-Esteem

Space 2 Thrive

Well being practitioner sessions

Welcome to your Self Esteem Workbook



This workbook aims to help our clients with their overall self-esteem. Self esteem is often linked to our self concept and how we perceive ourselves.

Within this workbook the focused work will be on Self Esteem, Empowerment and Resilience to help build a toolkit for you to use now and in the future.

We can help you learn and understand how to be more confident and how to be assertive and work toward achieving this for yourself. We hope you find this workbook helpful and if you need more support, it is important that you talk to us or tell somebody you trust.

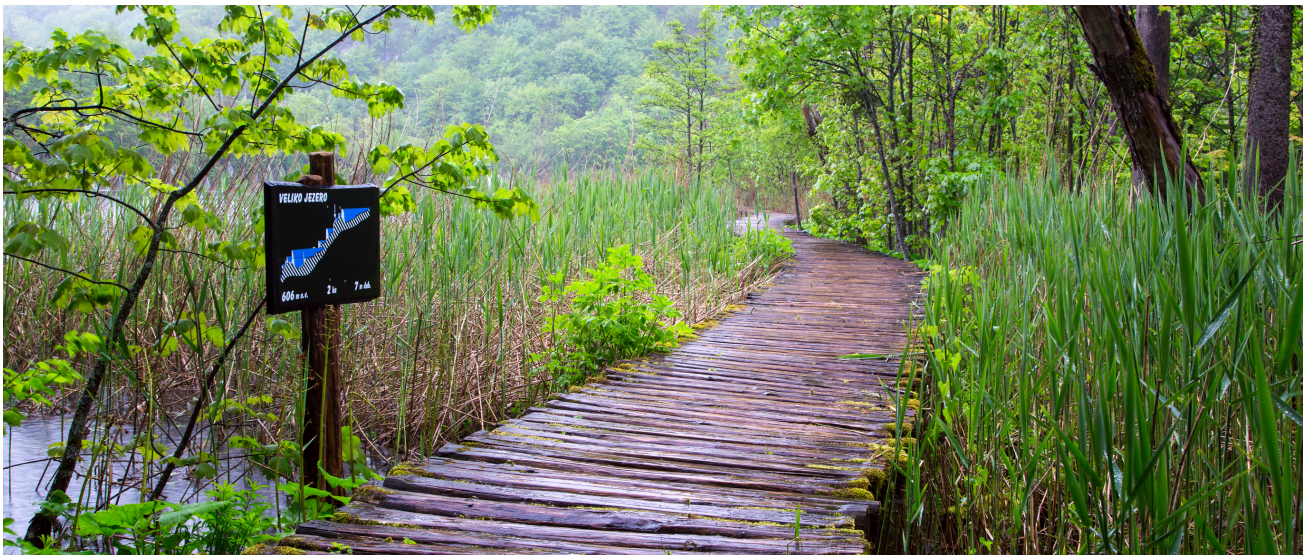
What is Self-Esteem?

"Self-esteem is the way we think and feel about ourselves. Not just what we look like, but how confident we feel and how kind we are to ourselves"



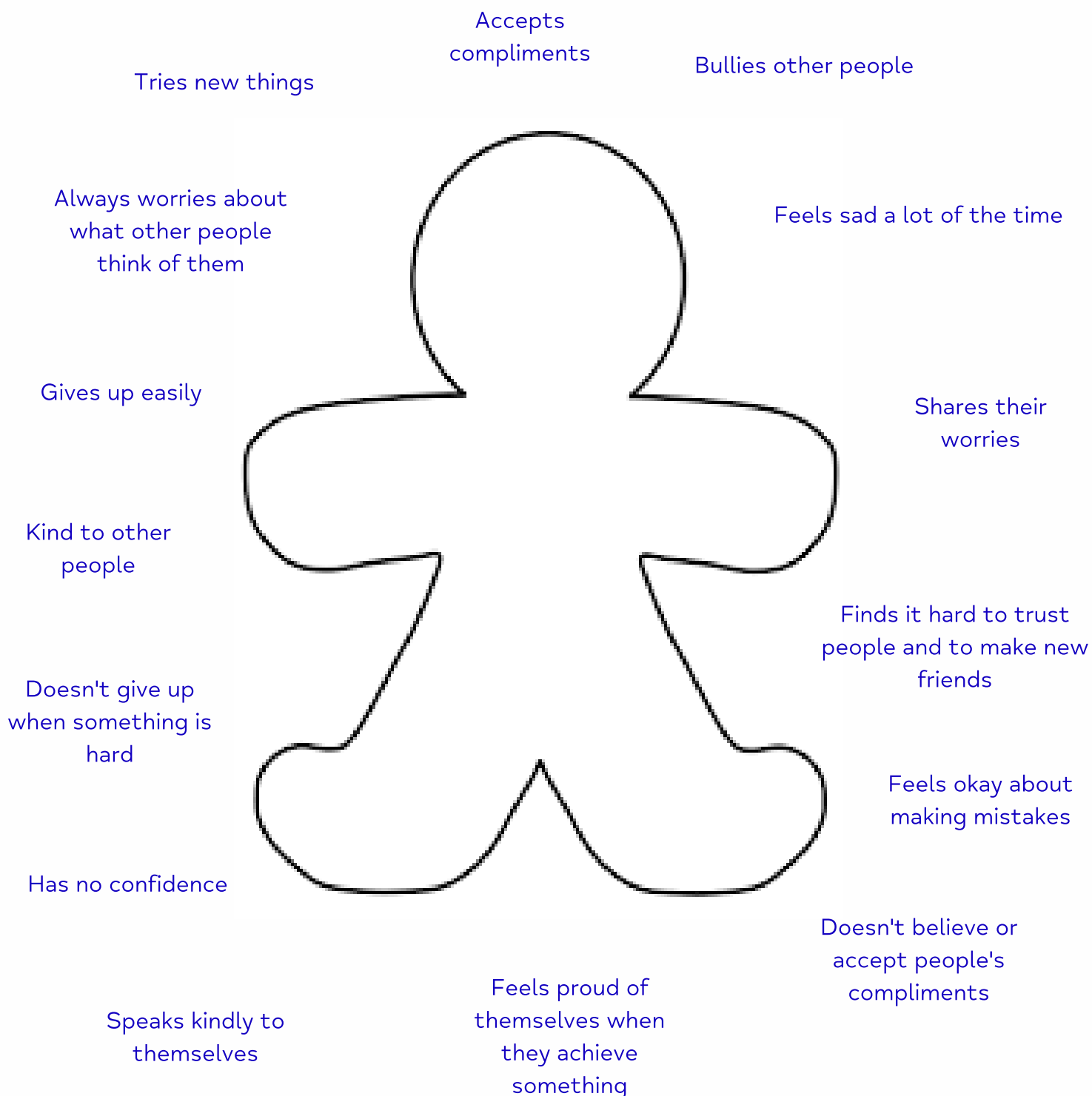
"Some people who have low self-esteem might not feel very good about themselves. They might find it hard to see the good things about themselves or they might give up easily because they think they aren't good enough".

"People who have high self-esteem feel good about themselves. They might not be great at everything but they don't mind because they know they are good at other things. They are kind to others and most importantly they are kind to themselves".



High vs Low Self-Esteem

Activity: Get two different coloured pens. With one colour, circle all the things you think are a sign of high self esteem. With the other colour, circle the ones you think might be a sign of low self esteem.



Growing your Self-Esteem

The great news is that if you have low self-esteem there are lots of ways you can improve it so that you start to feel better about yourself.



When we have high-self esteem, we feel proud of ourselves. We develop greater resilience and we can bounce back to feeling better quickly when we do go through difficult times.

When we have low self-esteem, we can feel like we are a failure. We are not very confident or happy about ourselves. We might give up easily because we listen to our inner critic and think we're not good enough.

Imagine your self-esteem as a flower in your garden. If you take care of it and give it water and sunlight, it will most definitely grow into a beautiful bright flower. By introducing concepts that are positive about ourselves, over time we can achieve that growth.

Like learning anything new it just takes practice and a little bit of time but if you keep going, you will soon see your thoughts feelings and behaviour begin to change. We are going to introduce you to the tools and understanding of how to do this during our Wellbeing practitioner sessions.

Talking about Self-Esteem

Use the space below to write or draw about your self-esteem. Then talk about it with someone you trust. It will be helpful for them to know so they can begin to understand how you feel.

What is your self-esteem like? What makes you have low self-esteem?
What makes you have high-self esteem?

Building Self-Esteem

Identifying what can Help

1) Make a list of the things you are good at

When are you going to write your list and who are you going to ask to help you?

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2) Practice the things you can do well

What is something you're already good at? Maybe you take care of someone, or organise tasks throughout your day. Whatever it is, what is it and how often will you practice?

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3) Practice your 'I can' attitude

When you do something hard and notice yourself thinking 'I can't' try and say out loud 'I can do it'. When do you need to remember this the most? (It might be when we start something new, or go to a new place for example). Its about not allowing the Inner Critic stopping you from believing you can do it.

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4) Pitch in

How can you help more? Remember doing nice things for people can often change how we feel about ourselves. Helping others sometimes makes you feel good about yourself.

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5) Try your best

What things do you need to try your best in? When you try you know that you have given it the best you can for now. In time this can prove to yourself how just amazing you really are!

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Weekly Targets

Targets are a great way of helping us to make changes to our lives. Every time we complete a target we are getting closer to our end goal AND it helps us feel like we have achieved something.

Think of it as a river; if you want to reach the other side you can't just take a big jump - you're likely to fall in and you would be soaked! In order to get to the other side we must follow the stepping stones and take one step at a time. Every week you will have a small target to do- it might not feel like much but over time it will help your self-esteem grow!

Can you think about what you might want your self-esteem to be like?



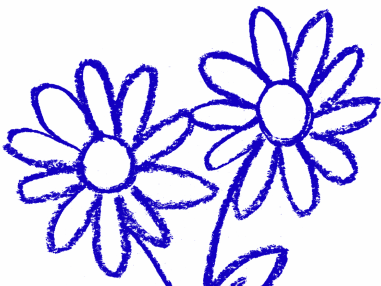
Weekly Targets

Remember the self-esteem tips from page 6? Can you pick the ones you feel you need to work on this week?



This week I am going to work on the following 3 goals:

- 1
- 2
- 3



Please aim to leave at least 5 days before completing session 2 of this workbook. This will give you time to complete your targets!



Information Page



You can find resources, helplines and a Mental Health Survival Kit on our website by following this link:

<https://cwmind.org.uk/category/children-young-people-resources/>