



5 top tips on

IMPROVING SELF ESTEEM



Be kind to yourself. Treat yourself how you would treat others you care about.



Take time for yourself by doing what makes you happy. By spending time doing the stuff you enjoy you're likely to be more positive about yourself.



Limit your time on social media. What people chose to share about their selves online may not be the full picture or the truth. Don't compare yourself to others and what they portray.



Surround yourself with positive people. Positive and supportive people can help you feel more confident and better about yourself.

Be your number 1 fan! Congratulate yourself when you achieve something great (big or small!). Give yourself compliments.

