

WHAT CAN CAUSE LOW SELF-ESTEEM?

There are lots of different things that can cause low self-esteem, including things that have happened to us in the past, our mental health, or difficult situations at home. It can also be affected by things like:

- Problems at school
- Bullying
- A traumatic experience
- Abuse or neglect
- Friendships or relationships
- School or exam stress
- Mental health problems
- Physical health problems
- Feeling under pressure from social media

Kendrick School

Wellbeing Newsletter

Wellbeing

SELF-ESTEEM & BELIEVING IN YOURSELF

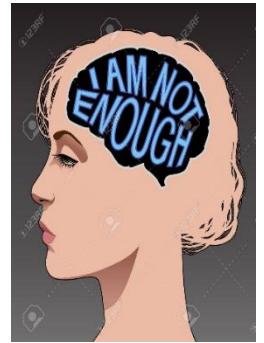
WHAT IS SELF-ESTEEM?

Self-esteem is how we think, see and feel about ourselves. It isn't just about how we physically look but also how confident we feel.

Good self-esteem means we feel good about ourselves and confident in who we are and in our abilities. When we have good self-esteem, we're not too worried about what other people think, or how much we get wrong, because we accept ourselves just the way we are, without judgement. It also means we believe we are worthy and deserving of all the good things in life.

But sometimes, we might find it hard to believe in ourselves and feel good enough. That's okay - it's normal to struggle with our self-esteem and this can change at different times in our lives.

Low self-esteem can also come from the way that people in our lives treat us, for example if we are experiencing bullying. But the way we talk to ourselves - or about ourselves - can also affect our self-esteem. If you find you often talk about yourself negatively around others, even as a joke, sometimes this can have a negative impact on the way you feel about yourself.



DAILY SELF-LOVE AFFIRMATIONS

Try saying some of these affirmations every morning in front of the mirror:

- ✓ I am worthy of love
- ✓ My body is beautiful and strong
- ✓ I have good friends who love me
- ✓ Today I will be kind to myself
- ✓ I have great ideas
- ✓ I am in control of my own happiness
- ✓ I am grateful for the good things in my life
- ✓ I can ask for help when I need it

