SELF-ESTEEM

"Self-esteem is like looking into a 'psychological mirror' and liking or disliking what you see."

"It is your overall personal evaluation of yourself."

HEALTHY SELF-ESTEEM

Have a positive outlook in life

Accept yourself for who you are

Overcome failures & make positive choices in life

Build healthier relationships

IMPROVE SELF-ESTEEM

LOVE YOUR BODY

A healthy body is a healthy mind. Maintain your physical health through exercising, eating well and getting sufficient sleep.

PERSONAL DEVELOPMENT

Everyone has their own set of strengths & weaknesses. Turn your negative traits into positive ones & work a little on improving yourself to give your self-esteem a boost.

POSITIVE AFFIRMATIONS

Use positive affirmations to counter the negative thoughts. Some examples of affirmations are "I have done this before, I can do it again" and "I am competent".

Also, be generous when praising yourself! Perhaps, state 3 achievements or qualities that you have as a reminder during stressful situations.
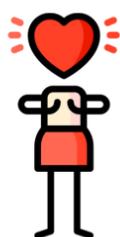
POSITIVE SELF-IMAGE

Everyone defines beauty differently and nobody can tell you what beauty is. Create your definition of beauty for yourself!

ACCEPTANCE TIPS

Stop Comparing with Others!
Social media or comments from people often cloud our views about ourselves. Start learning to accept yourself for who you are.

Set Realistic and Achievable Goals
Goals provide focus and directions. Set goals that motivate you; ensure your goals are realistic, and they are not too easy or challenging.

Accept Compliments
Accept compliments from others with genuine appreciation.

Forgive Yourself
Everyone makes mistakes. Learn to recognise and accept the feelings, and acknowledge each mistake as a learning experience.

Encourage Yourself
If you have failed in a task or the outcome is not what you desired, recognise your efforts, and encourage yourself to try again.

Express Gratitude
Focus on the small positive things in life and you will find many great things that life has to offer.