

Tips to help improve self-esteem

1. Positive self-talk

The way you think about yourself has a huge influence on your self-esteem. If you keep telling yourself you're no good, you might just start to believe it even though it's not true. If you notice that you practice negative self-talk often, check out some ways that you can challenge your negative thinking and build your confidence levels.

2. Don't compare yourself to others

It can be really tempting to measure our own worth against other people. So what if your friend is awesome at table tennis and gets great grades? You just need to figure out what your niche is. Everyone is great at something. Take some time to write down your strengths and remind yourself of these strengths when you are tempted to compare yourself with others.

3. Exercise

Exercise helps improve your mood, which in turn helps increase self-esteem as it makes you feel better about yourself.

4. Don't strive for perfection

It's really great if you want to do things well, but keep in mind that perfection is not possible. We all make mistakes and it is important to have realistic expectations for ourselves. If you constantly strive for perfection, you set yourself up to be disappointed which reinforces low self-esteem.

5. Don't beat yourself up when you make a mistake

Every single person makes mistakes – it is our basic human nature. When you mess up, don't stress about it, just learn from it and move on.

6. Focus on the things you can change

There is no point in wasting your energy on things you can't change. It helps instead to focus on what you have control over and are able to change, and then set goals to help you focus on improving in those areas.

7. Do things you enjoy

If you do things you enjoy you are more likely to be thinking positively. Schedule time for healthy fun and relaxation into every day.

8. Celebrate the small stuff

When setting goals or working on a project it is important to break it down into small, manageable tasks. It is also important to celebrate these accomplishments.

9. Be helpful and considerate

Helping others is a great way to boost the mood of others, and it may also help you feel better about yourself.

10. Surround yourself with supportive people

Don't spend time with people who bring you down and make you feel bad about yourself. Find a group of people who make you feel good about yourself and avoid those who tend to trigger your negative thinking.

11. Focus on what you do have instead of what you don't have

Take some time each day to think about what you are grateful for. It can be anything – a comfortable bed, your dog, having pizza for dinner. By focusing on what you do have instead of what you don't, it helps shift your thinking from negative to positive.