

Self Esteem

= a life of happiness, of sound mind, of health

... is dependent on how we value our strengths, as well as being willing to make changes

Our Self Image

... is pride in oneself; self respect

... is affected by what others think of us.

Friends who love or accept us make us feel good.

Frequent criticism and argument can make us feel isolated and depressed.

We can do something about how we feel about ourselves

I Am...

List the good things about yourself:

Compliment yourself and others

Coping With Low Self Esteem

Less helpful ways

- **Withdrawal**
Hiding from yourself
- **Denial**
Pretending
- **Self medicating**
Abusing drugs and alcohol
- **Aggression**
Fighting others
- **Acting out**
Making a fool of yourself
- **Conforming**
Doing what others say

What can you change? Set about doing that.

Be proud of yourself and who you are, and accepting of others

Raising Self Esteem

You can help yourself

- do what you enjoy
- identify what you do well and develop it
- accept compliments
- explore new activities or interests
- encourage someone else
- set achievable goals both short-term and long-term
- look after your health
- learn to say "no"
- give to someone
 - ♦ a gift
 - ♦ a smile
 - ♦ a compliment

Self esteem leads to good mental health and wellbeing

For further assistance contact:

- Citizens Advice Bureau 0800 FOR CAB (0800 367 222)
- Mental Health Education and Resource Centre 0800 424 399
- Mental Health Foundation 03 366 6936

Also see the Personal Help Services section in the front of the White Pages.

Pamphlets Available in This Series

Understanding...

Anger
Bereavement
Conflict
Decision Making
Disaster
Loneliness and Friendship

Canterbury

District Health Board

Te Poari Hauora ō Waitaha

Community Health Information Centre
Community and Public Health
(A Division of the Canterbury District Health Board)

310 Manchester Street, Christchurch
18 Woolcombe Street, Timaru
Elizabeth Street, Ashburton
3 Tarapuhi Street, Greymouth

www.cph.co.nz

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Understanding

Self Esteem