

## **Self Esteem**

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= 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**

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... 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...**

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**List the good things about yourself:**

**Compliment yourself and others**

## **Coping With Low Self Esteem**

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### **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**

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### **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

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### Understanding...

Anger  
Conflict  
Decision Making  
Loneliness and Friendship

## Health New Zealand Te Whatu Ora

Community Health Information Centre  
Te Mana Ora | Community and Public Health

160 Bealey Avenue, Christchurch  
18 Woolcombe Street, Timaru  
Elizabeth Street, Ashburton  
3 Tarapuhi Street, Greymouth

[www.cph.co.nz](http://www.cph.co.nz)

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# Understanding

# Self Esteem