

TIPS TO IMPROVING SELF-ESTEEM

A STEP-BY-STEP LOOK ON
HOW TO BUILD SELF-ESTEEM.



IDENTIFY TRIGGERING SITUATIONS



- Think about events and situations that impact your self-esteem
- Pay attention to your thoughts about the event



CHALLENGE THE IRRATIONAL THOUGHTS



- Ask yourself if your ideas reflect the reality of the situation
 - Only seeing the negatives
 - Jumping to conclusions
 - Putting yourself down



SHIFTING YOUR THOUGHTS



- Look for ways to challenge your ideas and beliefs
 - Forgiving yourself
 - Avoiding black and white statements (can't, won't, should)
 - Redefining negative thoughts

THINGS YOU CAN DO



- Do something that makes you feel good
- Keep a gratitude journal
- Spend time with people who support and encourage you



One Healing Space

Source:

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-esteem/art-20045374>