

Increasing Self Esteem Tip Sheet

What is good self esteem?

- **Comfortable both giving and receiving appreciation**~ Good self esteem allows us to accept our own strengths and recognize them in others.
- **Open to receiving feedback from others**~ Low self esteem might cause us to avoid criticism, and deny mistakes.
- **Ability to be honest about shortcomings**~ We all have shortcomings. Good self esteem, permits us to acknowledge our strengths and recognizes shortcomings.
- **You feel loved, respected and listened to**~ Often outside influences can help raise our self esteem. It is important that we feel loved.

What Influences Self Esteem?

Internal

- Dwelling on criticism and mistakes
- Blaming yourself for things that happen that are not your fault
- Worrying about what others think about you
- Thinking you are not good enough

External

- Being bullied, or criticized as a child or adult
- Being neglected or abused
- Major life changes
- Financial worries
- Appearance

Taking Care of Ourselves

How do you take care of yourself physically, mentally, spiritually, emotionally? Give examples:

Physically	Emotionally
Mentally	Spiritually

Tips to Increase Self Esteem

Positive Self Talk: We all talk to ourselves and sometimes we tend to say negative things that can further lower self esteem.

Negative Self Talk

- I've never done this
- There is NO Way it will work
- No one bothers to communicate with me
- I'm alone and no one loves me

Positive Self Talk

- It's an opportunity to learn something new
- I can try to make it work
- I'll see if I can open the channels of communication
- I am excited to find something I love

When you have a negative thought, evaluate it rationally and respond with positive affirmations.

Positive Affirmations: These are positive phrases that you can repeat to yourself that describe how you want to be. Place them where they are visible to you every day.

- I feel the love of those who are not physically around me
- I love and approve of myself
- I forgive myself for mistakes I've made
- I am more than good enough

- I matter and what I have to offer this world also matters
- I take pleasure in my own solitude
- I fill this day with hope and face it with joy
- I adopt the mindset to praise myself

Who Do I Call if I Need Help?

ConnexOntario operates three helplines that provide health services information for people experiencing problems with gambling, drugs or alcohol and mental illness. Free and Confidential

Drug and Alcohol Helpline

1 800 565 8603

Mental Health Helpline

1 866 531 2600

Ontario Problem Gambling Helpline

1 888 230 3505