

Most Importantly

Have fun. Enjoy spending time with the people you care about and doing the things you love. Relax and have a good time—and avoid putting your life on hold.

There is
FUN
to be done!
~Dr. Seuss

syeda
south yorkshire eating disorders association

If you would like any more information on eating disorders or supporting someone with an eating disorder please contact SYEDA on [0114 272 8822](tel:01142728822), alternatively you can email info@syeda.org.uk or find further information on the website www.syeda.org.uk



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Top Tips to Build your Self Esteem

Self esteem plays a role in almost everything you do. People with high self esteem do better in school and find it easier to make friends. They tend to have better relationships with peers and adults, feel happier, find it easier to deal with mistake, disappointments, an failures, and are more likely to stick with something until they succeed.

**BELIEVE IN
YOURSELF.**

Create Reasons to be Proud

Focus on experience, not appearance. It is not healthy for anybody's self-esteem to be rooted in his or her appearance. You should be proud of experiences and accomplishments which cannot be taken away

Provide opportunity for accomplishments. By doing things that make you proud will raise your self-esteem more than anything else.

Take responsibility. Taking responsibility by getting a part-time job, volunteering or helping younger children is a great way to build self esteem and confidence.

Recognise what you can change and what you can't. Things you are unhappy about, you can change and start today. Things you can't change should be appreciated for what they are (such as your height) which you should learn to love.

Set goals. You can make small plans on how to achieve bigger goals. By sticking to your plans you can keep track of your progress and be proud of every step you accomplish.



Start small. Start with something you can do immediately and easily. When we start with small successes we gain more confidence in our abilities on which we can improve over time. What are some small actions you can take immediately to demonstrate that you are capable of achieving goals you've set for yourself?

Remove Negativity

Avoid negative people. Spend time with people who understand that sometimes life is hard and sometimes we make mistakes, but is not negative all the time. Try to distance yourself from negativity all the time and appreciate things for what they are. Change those negative things into better things.

Find three good things each day. Before you go to bed, take note of three good things that happened during your day—things that went well, that you enjoyed or things you were grateful for, and go to sleep feeling more positive!



Concentrate on accomplishments, not on failures. Don't spend your time thinking about things that you may have done wrong. Focus on things you have done right and can excel at. Make a list of the things you are most proud of to motivate you to keep doing good things to make that list longer.

View mistakes as learning opportunities. Accept that you will make mistakes because everyone does. We often learn more from our mistakes than our successes and they can enhance our understanding and the way we approach things.

Remove the idea of perfection. In trying to be perfect you will only constantly disappoint yourself. Instead, think about where you are and try to take it to the next step. Strive for getting a B on that next test before trying to get an A. Sometimes you'll surprise yourself and do better than you thought you would!



Practice self-affirmations. Tell yourself every single day that you're a good person. You can handle all the challenges life throws at you. You can be better and happier. You will love others and you will love yourself. You will always do your best. All of these things are true if you let them be true. You just have to be willing to put in the work. Remind yourself that these things are true every day and you will feel better about yourself and your abilities.

Develop Your Individuality

Don't live to please others. You should be living your life and doing things that make you happy; not to please anyone else. You will develop the greatest sense of self-worth when you stop trying to please others and start trying to please yourself.

Explore your passions. Figure out who you are and what makes you happy by exploring different things you find interesting. The only thing stopping you from pursuing things that you are passionate about is you.

Find people who understand you. The best way to deal with the harder aspects of life is to have great friends. Great friends are those who understand you and like you for how fun and wonderful you really are.

Be assertive. Being assertive and standing up for what's right for you will increase your self-confidence and self-esteem.



Practice Self-Respect

Practice proper hygiene. Practicing proper hygiene will help you feel good about your body and increase your self-esteem.



Get enough sleep. Scientists have found that poor or little sleep is associated with lower rates of optimism and self-esteem. Therefore if you want an easy way to boost your self-esteem try to get at least 7 or 8 hours of sleep every night.

Exercise. Any form of consistent exercise will help you feel healthier and more energetic, which will boost your self-esteem.

Eat healthy. Eating healthy, like exercising, will give you more energy and make you feel happier. This will then lead you to feel better in your own skin and increase your self esteem.

