

Tip sheet

Self-esteem

Self-esteem is a term used in psychology to reflect a person's overall evaluation of their own worth. Low self-esteem can affect anyone. When experiencing this you may go through periods of life needlessly feeling bad about yourself.

Low self-esteem keeps you from enjoying life, doing the things you want to do, and working toward personal goals.

This can be affected by your own self talk and how you interpret the messages and actions from others in your work or personal spaces. When relationships at work or home are stressful or seem unsupported, we feel less able to challenge the way we think and feel about ourselves.

If you still find yourself struggling with low self-esteem, please reach out to our team and we'll discuss what support options may be available to you.

- Dress in clothes that are comfortable and make you feel good about yourself
- Begin doing those things that you know will make you feel better about yourself
- Take time to do things you enjoy or that make use of your own special talents and abilities
- Give yourself small rewards and set goals
- Display items that honour your individuality or are special to you
- Learn something new or improve your skills
- Remember to eat well, exercise and get enough sleep
- Do something nice for another person.



Here are some helpful tips

- Pay attention to your own needs and wants
- Challenge those negative thoughts or self-talk
- Get some objective opinions from people you trust
- Remind yourself of what you have done well and the attributes that make you the person you are – everyone is uniquely special!
- Spend time with people who make you feel good about yourself

Contact

0508 664 981
assistance@vitae.co.nz
www.vitae.co.nz