

Self-esteem

What is self-esteem?

Self-esteem relates to the way we evaluate our own feeling of worth, value and self-worth.



Why is self-esteem important for mental health?

When we have healthy self-esteem this can result in us experiencing more positive emotions such as self-worth, self-confidence and happiness.

Self-esteem & resilience

When we have more confidence we are less likely to see everyday stresses as overwhelming. We can feel better equipped to establish boundaries, communicate effectively and engage with supportive relationships.



Other benefits of healthy self-esteem

When individuals have confidence in their abilities and self-worth, they are more likely to set ambitious **goals** and work towards them. This can lead to a sense of accomplishment and increased overall life satisfaction.

It can lead to a greater sense of well-being, resilience and overall giving the ability to navigate life's challenges with confidence and positivity.

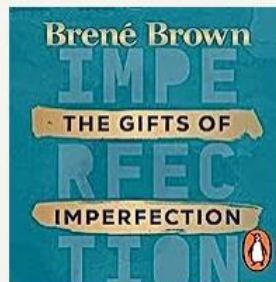
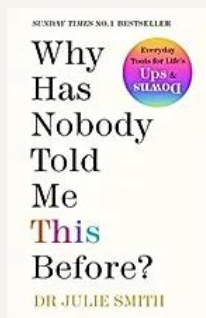
Many celebrities, despite their fame and success have publicly spoken about their struggles with low self-esteem. These include; Lady Gaga, Dwayne "The Rock" Johnson, Miley Cyrus and Adele to name a few. Podcasts are available where these celebrities talk and share their personal struggles. This can provide insight, information and other signposting or resources that you might find useful. You can access these through Podcast apps or through search engines such as Google.



What can I do if I don't have any self-esteem

Seeking help and support is a positive step towards improving self-esteem and mental health. Counselling can help to work towards improving your self-esteem.

There are a number of books / resources that may also be useful for anyone who wants to access these.



Self-esteem - journey to feeling better

Improving self-esteem is a personal journey and a gradual process. It is important to be patient, and persistent as you start your journey to improving your self-esteem and your overall mental health and wellbeing.

It can be so helpful to combine insights from books and resources with counselling, as our trained Counsellors can provide individual and personalised support.

Surrounding yourself with a supportive network of friends, family, loved ones or work colleagues can also contribute to your journey towards healthier self-esteem.

#selfesteem #boundaries #confidence #confidence

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