

**Top Ten Ways to help me feel better about myself....**

**MY SELF ESTEEM**

Be **proud** that you are **unique**  
Accept who you are  
**Believe in yourself**  
What matters most is how you see yourself



Don't be discouraged by Mistakes  
Everyone does them...just learn from them...

Keep Active....  
&  
Be Responsible



Take Pride in what you do...  
**At least you have had a go**  
& **at least you did your best...**

Learn new skills ...find a hobby...do something creative  
Develop your own style...



Get involved with group activities outside school  
**Treat others the way you would like to be treated**

Learn to relax ...and practice it



Don't listen to **negative thinking people** ...why would you want to be **around negative people.....**

Talk about it....  
Ask for help  
**If you feel it say it** calmly to someone you trust and can help you



Keep in touch with family and Friends