



SELF-ESTEEM

WELCOME TO THE OTR GUIDE TO SELF-ESTEEM

WHEN WE GO THROUGH A TOUGH TIME, WHETHER THAT MAY BE REJECTION FROM A LOVED ONE, NOT BEING ACCEPTED FOR A JOB ROLE, OR HAVING A BAD FALL-OUT WITH A CLOSE FRIEND. WHAT WE TEND TO DO AFTER SUCH PAINFUL EXPERIENCES IS START THINKING OF ALL OUR FAULTS AND SHORTCOMINGS. WHY IS IT THAT WE DAMAGE OUR SELF-ESTEEM EVEN MORE WHEN WE ARE ALREADY SUFFERING? INSTEAD WE SHOULD REVIVE OUR SELF-ESTEEM!

WHAT IS SELF-ESTEEM?

Self-esteem is the manner in which we evaluate ourselves. It is our internal assessment of our qualities and attributes.

We have healthy self-esteem when what we think, feel, and believe about ourselves is honest and realistic. Building and maintaining healthy self-esteem depends on gathering evidence about what we are like as a person.

In contrast, when we have low self-esteem, we underestimate - or flat out ignore - our positive characteristics. If we struggle with low self-esteem, then we may tell ourselves that we are stupid, lazy, boring, selfish, inconsiderate, or generally a bad person because of the things we think, say, and do, we view ourselves through a harsh and negative filter. This can lead us to not liking some of the activities that we enjoy, not enjoying company of friends, or having less confidence.

This zine is designed to give you some tools to help you build a foundation for good self-esteem.

HOW DO YOU VISUALISE SELF-ESTEEM?

When you think about self-esteem, what do you think of?
Use the space below and write down words or pictures that
might describe self-esteem in your eyes...

A large white rounded rectangular area for writing or drawing, intended for the user to provide their response to the question above.

EFFECTS OF SELF-ESTEEM

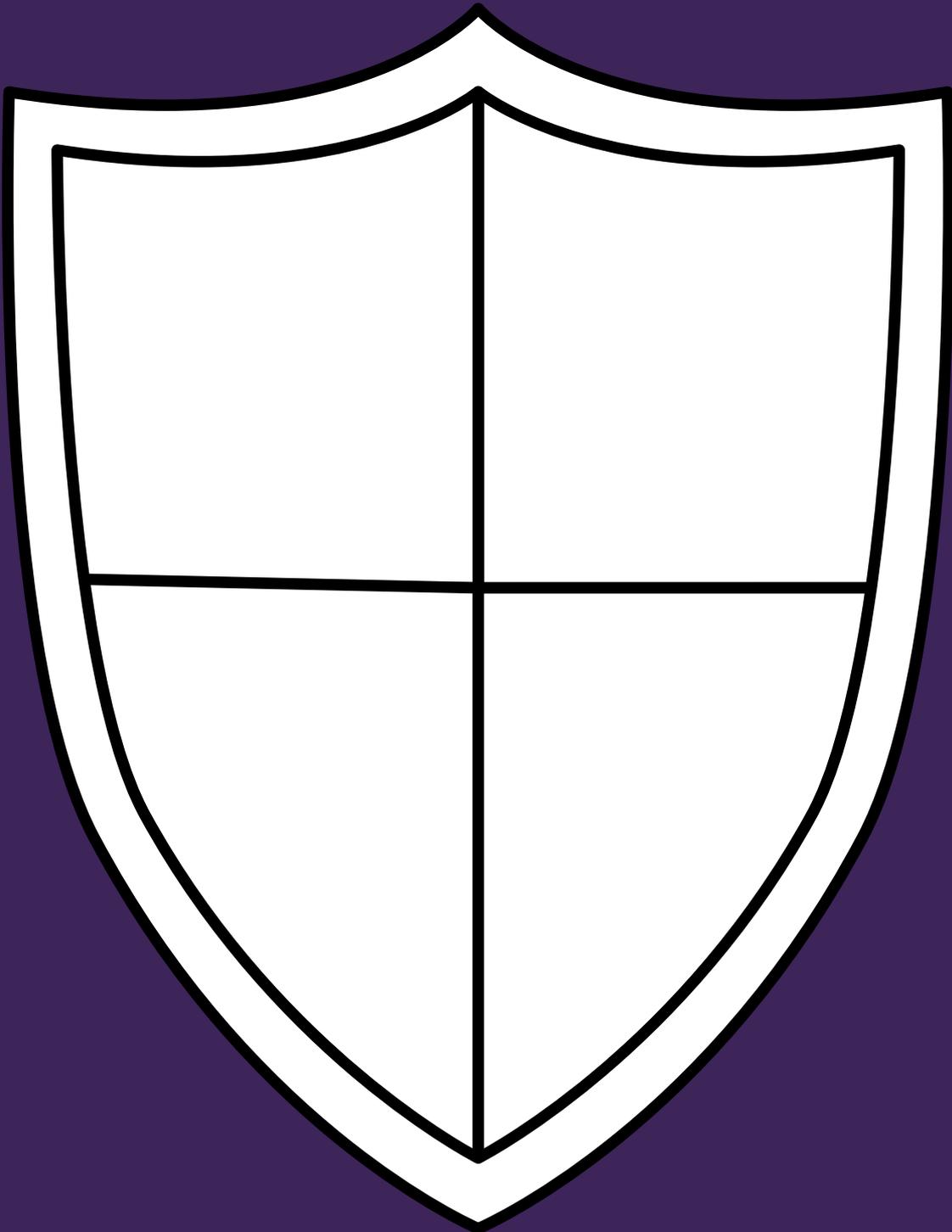
When we have low self-esteem, due to thinking negative (or not very positive) thoughts about ourselves, it can affect us both mentally and physically. Use the two clouds below to write down what thoughts or behaviours that you might experience, e.g. unhealthy self-esteem (not taking care of yourself) healthy (focusing on your life without the need to compare yourself to others).

HEALTHY

UNHEALTHY

COAT OF ARMS

When we go through a tough time, we tend to forget about our achievements and our strengths that make us who we are. On the shield, draw or write any strengths that you possess (you might be a good listener or a creative person) or achievements (in the past or recent) that you have accomplished...



I'M GREAT BECAUSE...

We all experience moments of self-doubt and uncertainty. Even the most confident and happy people have moments where they think "I'm such a failure". Down below, complete some or all of the sentences - this an opportunity to list all of the good things about yourself!

I like who I am because...

I'm great at...

My friends think I have an awesome...

Somewhere I feel happy is...

I mean a lot to...

Others reckon I'm a great...

I think I'm a pretty good...

Something I really enjoy is...

I really admire myself for...

My future goals are...

I know I can achieve them because I'm...

I'm naturally gifted at...

Others often praise my...

I have succeeded before at...

Something that makes me laugh is...

The characteristics I'm most proud of in myself are...

SOCIAL SNAP

Although it is best to connect with those who can provide social support and feelings of connection, it might not always be possible for us to do so. One way of doing this is a 'social snap'. Next time you feel low, have a look at old pictures of you and your friends.

Scientists have found having pictures of loved ones can improve mood when we're feeling low. Reading meaningful emails or letters, watching videos of loved ones, or using valued mementos of those who we feel most connected to can help rebuild damaged self-esteem. Use the space below to either write or draw some of your memories or messages.

CREATE YOUR OWN SELF CARE TIPS!

In this zine we looked at some activities and ways to help build a foundation for self-esteem. Use the space below to either write or draw some ways you can manage your self-esteem - that may be eating good food or even singing your favourite song...

THANKS FOR READING!

This zine is designed to give you tools to help build a healthy foundation for self-esteem.

It takes time and practice to build self-esteem as there will be challenges in the future you face, but just like driving a car, the more we practice driving, the more comfortable we are on the roads.

This booklet was made by OTR Bristol, a mental health social movement by and for young people aged 11-25 in Bristol and South Glos.

For more information on what we do, come and see us at one of our Hubs:

Mondays 4-7pm

@ 8-10 West Street, Old Market BS2 0BH

Wednesdays 3.30-5.30pm

@ Armadillo, Yate, BS37 4FW

Saturdays 10am-1pm

@ 8-10 West Street, Old Market, BS2 0BH

You can also call us for free on
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