

# Self Esteem

## **What Is Low Self-Esteem?**

Self-esteem is about how we value and perceive ourselves, we all from time to time feel unsure, tell ourselves off or put ourselves down. When this becomes a habit and there seems to be a critical voice in our head stopping us from living life, achieving our goals and making decisions, it is likely you have low self-esteem. It can be caused by being bullied or abused, having difficulty finding a job, stress, pressure at school, illness and mental health issues.

## **How Can It Affect Me?**

Low self-esteem can manifest as feelings of worthlessness, feeling undeserving of happiness, guilt at buying something for yourself or spending time on yourself. You may blame yourself for things that aren't your fault and/or be unable to assert yourself and make decisions. You may have little confidence in yourself, not like yourself and feel that others dislike you too.

## **How Can I Help Myself?**

Writing a journal can help you to get your feelings out.

Relaxation can help to give you some time out.

Meditation can help you to get to know yourself and control your negative self-talk.

Talking about your low self-esteem can be helpful. This may be with a friend or a counsellor who can help you feel better about yourself.

## **What Do I Do If It Gets Too Much?**

If you are finding you are neglecting yourself, feeling depressed, being bullied, abused or you are turning to drugs or alcohol to cope you should make an appointment to see your GP. They can talk through options with you including medication, counselling and Cognitive Behavioural Therapy or a combination of these therapies, all of which can be very effective.

If you choose to use a private counsellor make sure they are BACP or NCS registered. The British Association for Counselling and Psychotherapy and the National Counselling Society hold the voluntary registers for counsellors and psychotherapists so you know that anyone registered with them has the appropriate training and qualifications to treat you.

**Make an appointment today**

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