



## **Mental Health Association of Northern Kentucky**

*A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS*

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND  
NATIONAL MENTAL HEALTH ASSOCIATION

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### **STEPS TO BOOST YOUR SELF-ESTEEM**

1. Identify areas in your life that are pulling you down. Brainstorm about what changes you can make. Choose the best or most important changes and develop a plan to follow through with them.
2. Search for activity that you really enjoy. Make arrangements to pursue that activity.
3. Search for activities that you do well. Experience the good feelings that flow from it. Be proud.
4. Increase positive stimuli. Identify people, places and things that bring about a boost in self-esteem and pleasure. Minimize people, places and things that are negative.
5. Identify areas in your life which you have lost control over. Start small - but continue to make your own decisions and gain independence and control.
6. Find role models that are self-confident and exhibit a high degree of self-esteem. Talk to them, follow their advice.
7. Be aware of your achievements - no matter how small - and praise yourself, reward yourself. Do not count on recognition from those around you to validate your achievement. Recognize them yourself.
8. Identify negative messages from those people you have close relationships with. Learn to down-play the impact of those messages.
9. Assess your health and appearance. Are you happy with the way you look and feel ? If not, do something about it.
10. Treat other people with high self-esteem. Using high self-esteem behavior sets the tone for mutual respective relationships. Reacting to low self-esteem behavior from those around us brings everyone down.
11. Spend some time alone. Learn to enjoy just being with yourself. Involve yourself in fun activities.
12. Forgive yourself for making mistakes now and then.
13. Know yourself : develop a realistic picture of yourself. Combine all aspects of yourself :  
1) the real self (facts)    2) the perceived self (who you think you are)    3) the ideal self (who you want to become)