



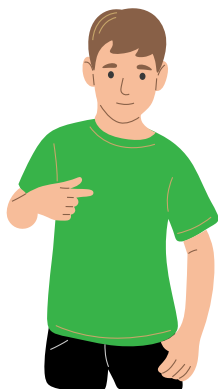
It's natural to face challenges with self-esteem and confidence at different points in life. Your confidence may be high at times and lower at others.

This booklet is designed to help you reflect on your feelings about yourself, understand the factors influencing how you feel, and guide you toward building stronger self-esteem and greater confidence.

We have a lot of information and tips on how to build your confidence. Take a look at the table below to find what is relevant to you or alternatively, you can work through this as a booklet.

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## What is confidence?

Confidence is having belief in our judgment, abilities and qualities.

There are three main types of confidence:



**Self-confidence** is the belief that we are able to make good decisions, tackle difficult situations and achieve our goals. For example, you may be confident in your ability to get good grades at school or know how to problem solve.

**Situational confidence** is specific to particular tasks, skills or situations. For example, you may be confident in your ability to sing, cook or play football.

**Social confidence** relates to how you feel interacting and being around other people. For example, you may feel confident being with big groups of people and socialising.

Now that you know the three main types of confidence, let's explore your confidence in each of these areas.

Type of confidence	Stars	What do you struggle with in this area?
Self-confidence	☆☆☆☆☆	
Situational confidence	☆☆☆☆☆	
Social confidence	☆☆☆☆☆	

## What is self-esteem?

Self-esteem is the way you think and feel about yourself. It reflects your sense of self-worth, confidence, and how much you value yourself as a person. Self-esteem can influence how you handle challenges, build relationships, and make decisions.

Your self-esteem may be healthy or low.

- **Healthy self-esteem:** Feeling good about who you are while recognizing your strengths and areas for growth. It helps you face life's challenges with confidence and resilience.
- **Low self-esteem:** Feeling unworthy, self-critical, or doubting your abilities, which can lead to insecurity and difficulty coping with setbacks.

Self-esteem is not fixed; it can change over time based on experiences, relationships, and how you perceive yourself and the world around you.

## What might cause someone to have low confidence and self-esteem?

There are a range of reasons why someone might experience low confidence and self-esteem:

- Bullying
- Neglect and abuse
- Prejudice, discrimination or stigma
- Difficulties at school
- Academic stress
- Friendship and relationship difficulties
- Media and societal pressures
- Traumatic experiences
- Physical health issues
- Mental health issues
- Financial difficulties
- Low body-image



**What do you think could be impacting your self-esteem and confidence?**



**How many stars would you give your self-esteem and confidence?**



**Where would you like your self-esteem and confidence to be in the future?**



## How can you improve your confidence and self-esteem?

### Be Kind to Yourself

Practicing self-kindness is essential for building a positive relationship with yourself. Here are some ways to nurture self-compassion and care:

- **Celebrate Your Strengths:** Reflect on what makes you unique and the things you like about yourself.
- **Challenge Negative Self-Talk:** Identify unkind thoughts about yourself and replace them with more positive and constructive thoughts
- **Be Your Own Best Friend:** Treat yourself with the same care and understanding you would offer a close friend.
- **Use Positive Affirmations:** Regularly remind yourself of your worth by practicing affirmations like, "I am enough" or "I am capable."
- **Prioritise Self-Care:** Make time to do things that bring you joy and relaxation.
- **Stop Comparing Yourself to Others:** Embrace your individuality and remind yourself that being different is normal and it is what makes you, you!
- **Write a Letter to Yourself:** Reflect on your feelings and challenges in a letter to yourself. After some time, revisit it and respond as if you were offering support to a loved one.



By showing yourself kindness and understanding, you can increase your self-worth and resilience.

Write down three unkind things you have said to yourself in the past and turn them into positive statements.

What forms of self-care can you try?



What are some positive affirmations you could use to boost your confidence and self-esteem?



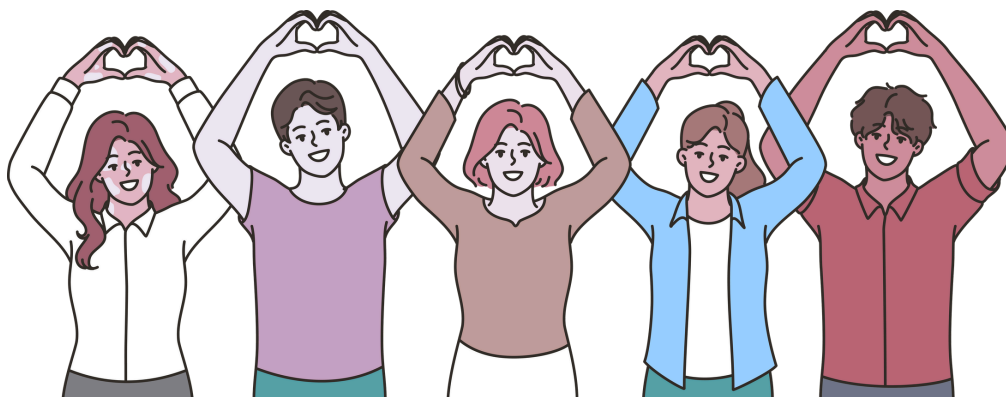
## My Support Network

Surrounding yourself with the right people is essential for building confidence and maintaining a positive mindset. Here are some ways to evaluate and strengthen your support system:

- **Choose Uplifting Connections:** Prioritise spending time with people who uplift and encourage you. Limit interactions with those who bring negativity or diminish your self-worth.
- **Spend Time With Like-Minded People:** Join clubs, groups, or organisations where you can connect with others who share your interests. Feeling accepted and supported can boost your confidence and sense of belonging.
- **Open Up About Your Feelings:** Share how you're feeling with a trusted adult or a friend. If that feels difficult, consider speaking with a teacher or a professional that can give you a confidential space to talk.

A strong support network can help you feel valued, understood, and empowered.

Can you think of anyone in your life who does/doesn't make you feel confident?



## Try Something New

Trying something new can be a powerful way to boost your confidence and bring fresh positivity into your life. Here are some ideas to get started:

- **Set and Achieve Realistic Goals:** Working toward achievable and realistic goals helps build confidence and give you a sense of accomplishment.
- **Explore New Hobbies and Activities:** Trying something different can spark joy and excitement and give you new abilities and interests.

Is there something you have been meaning to try/do but haven't felt confident enough to?



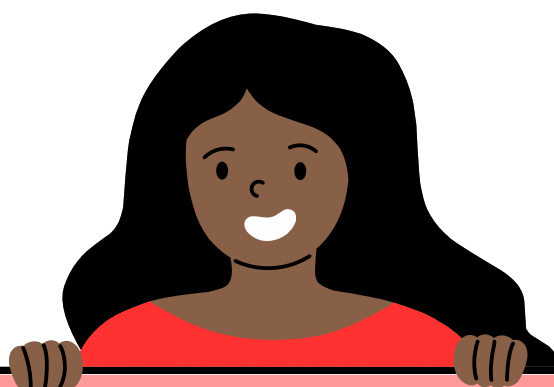


## Celebrate The Positives About Yourself and Your Life

Focusing on the positive aspects of who you are and what you've accomplished can boost your confidence and self-worth. Here's how to shift your mindset toward positivity:

- **Celebrate Every Success:** Take pride in your achievements, no matter how small they may seem. Each step forward is worth celebrating.
- **Speak Kindly About Yourself:** Avoid self-deprecating comments when talking to others, and practice accepting compliments.
- **Create a Gratitude List:** Write down the qualities you admire about yourself and the things others appreciate about you. Reflect on these regularly to remind yourself of your value.

What positive things can you celebrate about yourself and your life?



## Practice Self-Acceptance

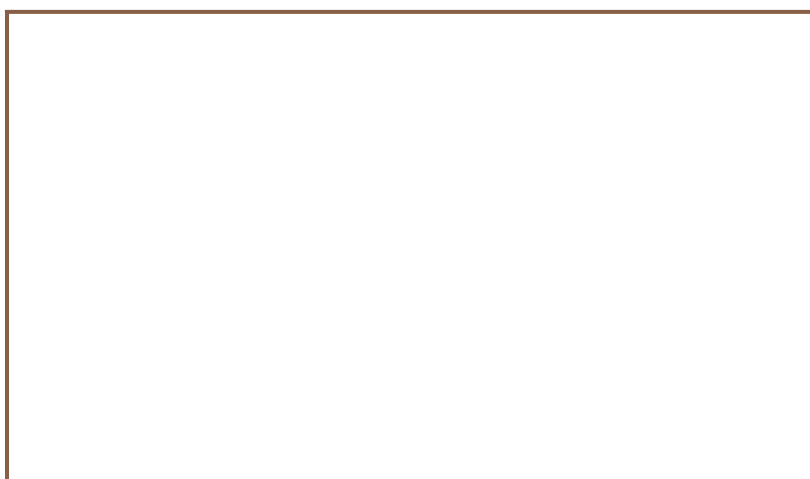
Self-acceptance means embracing and acknowledging yourself fully, including your strengths, weaknesses, flaws, and accomplishments, without judgment. It's about treating yourself with kindness, understanding, and compassion.

Here are some ways to nurture self-acceptance:

- **Set Realistic Expectations:** Be honest about what you can achieve right now and don't put pressure on yourself to accomplish everything at once.
- **Let Go of Perfectionism:** Accept that making mistakes is part of being human. Your worth is not determined by your imperfections or failures.
- **Detach Your Self-Worth from Achievements:** Recognise that your value is not tied to your accomplishments, successes, or societal expectations. You are worthy because you are you!

By practicing self-acceptance you can start to develop inner peace, allowing you to feel confident in yourself and your abilities.

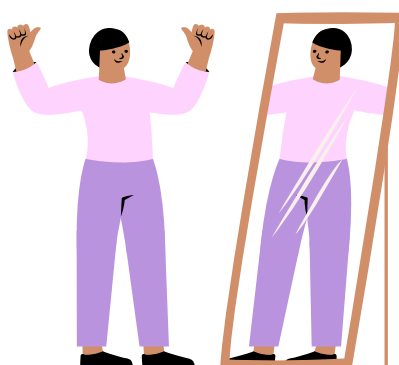
What changes could you make to move towards self-acceptance?




## Body-image

Body image is how you see, think, and feel about your body—like its size, shape, and how it works. It can be influenced by things around you, like what you see in movies or on social media, what others say, or your own experiences.

Sometimes, you might feel good about your body, and other times you might not. Your feelings about your body can change over time, and it's important to remember that every body is unique and valuable.



Would you describe yourself as having positive body image, negative body image or somewhere in between?

What words would you use to describe your body?

Would your friends and family agree with your description of yourself?

Would you describe someone else's body in that way?



Do you think the words you say about your body make you feel more or less confident?

## What do you think is influencing your body-image?

Social media	<input type="checkbox"/>	TV shows and movies	<input type="checkbox"/>
What others say	<input type="checkbox"/>	Your experiences	<input type="checkbox"/>
Self-esteem	<input type="checkbox"/>	Comparing yourself	<input type="checkbox"/>
Gender	<input type="checkbox"/>	Sexuality	<input type="checkbox"/>
Puberty	<input type="checkbox"/>	Bullying	<input type="checkbox"/>
Perfectionism	<input type="checkbox"/>	Other:	<input type="checkbox"/>

Having a positive body image helps you feel good about yourself, boosts your confidence, and makes it easier to have a healthy attitude toward food and exercise.

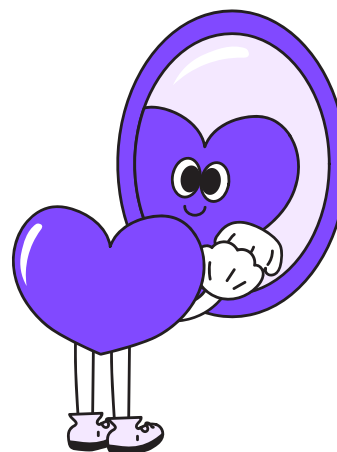
On the other hand, feeling unhappy about your body can sometimes lead to problems like feeling really sad, anxious, or having trouble with eating habits.



## How can you move towards a more positive and healthy relationship with your body?

### Practice Self-Compassion

- **Acknowledge your feelings:** It's okay to feel insecure at times. Recognise your emotions without judgment.
- **Be kind to yourself:** Speak to yourself the way you would to a friend facing similar challenges.



## Challenge Negative Thoughts

- Identify unhelpful beliefs: Pay attention to the negative thoughts you are having about your body.
- Reframe your perspective: Replace harsh judgments with neutral or positive statements, e.g., instead of “I hate my body,” try “My body allows me to move”.



## Limit Social Media Influence



- Makes changes to who you follow: Unfollow accounts that make you feel bad about yourself and follow accounts that promote body positivity and inclusivity.
- Take breaks: Reduce screen time if you find it is negatively impacting how you are feeling about yourself.

## Focus on Your Health Over Your Appearance

- Implement healthy habits: Start making choices like balanced eating, regular exercise, and enough sleep—not to change your appearance but to make you feel good.
- Celebrate how your body functions: Appreciate what your body can do (e.g., dancing, hugging, running) rather than how it looks.



## Surround Yourself with Supportive People



- Spend time with positive influences: Spend time with people who value you for who you are, not how you look.
- Talk about it: Sharing your feelings with trusted friends, family, or a professional can be freeing.

## Educate Yourself About Body Positivity



- Read books/articles or watch videos: Learn about body positivity and acceptance.



## Engage in Mindfulness and Self-Care

- Practice mindfulness: Activities like meditation or yoga can help you connect with your body in a non-judgmental way.
- Pamper yourself: Wear clothes that make you feel comfortable and confident, and invest time in hobbies you love.

## Set Realistic Goals

- Small steps: Focus on one aspect of self-improvement at a time, like appreciating a specific body part or cutting down negative self-talk.
- Celebrate progress: Acknowledge milestones, no matter how small.



## Embrace Your Unique Self



- Change your thoughts around 'beauty': Remember, beauty standards are socially constructed and often unrealistic.
- Celebrate individuality: Recognise that your worth is not tied to your appearance but to your personality, talents, and how you treat others.

What could you try this week to work towards a healthier body-image?

1.

2.

3.

4.





# Overcoming Social Anxiety and Building Social Confidence

## Social Anxiety

Social anxiety is an intense fear or worry about social situations which may make you feel like you might be judged, embarrassed, or rejected by others. It goes beyond normal shyness or nervousness and can affect daily life, school performance, friendships, and activities.

### Signs you may be experiencing social anxiety are:

- Worry about being judged, embarrassed, or humiliated.
- Fear of saying or doing something wrong.
- Avoiding social interactions, such as speaking in groups, eating in public, or attending events.
- Missing opportunities due to fear of social interaction.
- Overanalysing past interactions ("Did I sound dumb?").
- Predicting negative outcomes in future situations.
- Feelings of inadequacy, self-consciousness, and low-mood.
- Low self-esteem or fear of rejection.

Do you experience any of these signs? If so, which ones?



### Common triggers of social anxiety are:

- Public speaking or performing.
- Meeting new people.
- Being the center of attention.
- Eating, drinking, or writing in front of others.
- Engaging in small talk or group conversations.



What social situations make you feel anxious and why?

## Social Confidence

Social confidence relates to how you feel interacting and being around other people. For example, you may feel confident being with big groups of people and socialising.

### How can you improve your confidence in social situations?

Improving social confidence takes time, practice and patience but small, consistent steps can make a big difference. Here are some ways that you can work towards improving your social confidence and reducing your social anxiety:

#### Understand Your Social Anxiety

- Identify the situations that make you anxious (e.g. meeting new people or speaking in front of group of people).
- Accept and acknowledge your feelings, fears and worries. Social anxiety can be tough, but with time you can build your confidence and overcome your fears.

#### Set Yourself Challenges - Start with Small Goals.

Social anxiety can make you feel stuck but it is important you push yourself to face social situations rather than avoiding them.

Begin with easier interactions, like saying "hello" to a neighbour or small talk with a cashier.

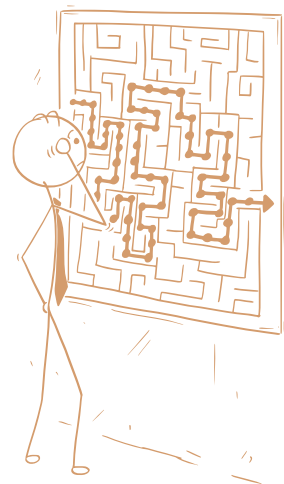
Work up to more challenging goals overtime, like group conversations or meeting new people.

You may want to use an exposure ladder to do this (there will be an activity on this later).



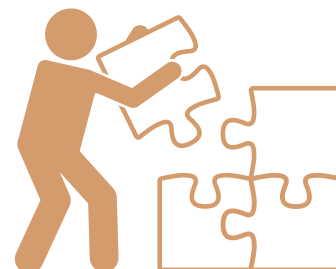
## Challenge Negative Thoughts

- Replace negative and critical thoughts like "I'll mess up" with positive affirmations like "I can handle this", "I am brave" and "I am capable".
- Write down your worries and fears and question if they're realistic. Most of the time our worries are the worst-case scenario and are unlikely to happen. Remind yourself of this when these worries come into your mind.



## Build Social Skills

- Practice making eye contact, smiling, and speaking clearly. You can start by practicing in the mirror, with family members and eventually work towards people you are unfamiliar with.
- Practice making conversation. Asking open-ended questions are a great way of keeping conversations going. For example "what do you think about..?" People also like it when you ask them about themselves.



## Practice Self-Care

- Taking steps to overcome your social anxiety and build confidence can be stressful at times, so it is important you take the time to manage this stress through relaxation techniques, for example, deep breathing and mindfulness.



## Seek Support and Make Connections

- Don't be afraid to ask for support from the people around you (family, friends, teachers, professionals etc.).
- Spend time with people who make you feel confident and positive.
- Consider joining a group or club so that you spend time with likeminded people with similar interests to you.

**What can you do this week to build your social confidence?**



## Exposure ladder for overcoming social anxiety

An exposure ladder can help you to face your fears/worries . It helps you to break them down into manageable steps. Think of overcoming your worries like climbing a ladder – each step is a mini goal that you can work on at your own pace to help you reach your end goal.

Write down what you would like to overcome in the clouds. Then start to write small goals with increasing difficulty on each of the steps. You can tick these off once you complete them.

