



7 STEPS TO BETTER SELF ESTEEM

For improved mental health

1

Inner Voice

Understand the power of your 'inner voice' or 'self-talk' has on you. ***You are what you tell yourself you are!*** Change that negative inner voice to one that is positive and encouraging

2

Compassion

Talk to yourself with kindness.& compassion. This can be more difficult than it sounds! No more 'tough' or 'critical' self talk. Whilst this may work in the short term as a motivator, in the long run it lowers self-esteem

3

Conditional Self Worth

Don't let your self worth be dependent on what others think or say about you, good or bad! People pleasing is a great way to make you feel good, but its effects are short lasting, and can leave you feeling resentful in the long term

4

Value Yourself

Value yourself, not objects and things. Don't judge yourself based on possessions or grades or skill, instead value the effort you put in, value your ethics, value your relationships. Do not place too much value on outcomes.

5

You Matter!

Tell yourself often that what you say/do/think matters! Your thoughts and feelings are as important as anyone else's, your needs are as important as anyone else's. You matter!

6

Positive Feedback

Learn to accept positive feedback! People with low self esteem will often rebut compliments and positive feedback because it feels uncomfortable

7

Practice Practice Practice!

A healthy self-esteem requires work and practice, work on the steps above daily! Speak to a counsellor for some practical exercises to try

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