

TAMARA MENTAL HEALTH SERVICES

A person is seen from behind, standing on a wooden boardwalk at night. A very bright, circular light source is positioned directly behind their head, creating a strong silhouette and a lens flare effect. The background is dark, with some blurred lights and the structure of a Ferris wheel visible in the distance. The overall mood is contemplative and hopeful.

How To Overcome Feelings Of
Low Self-Esteem



Self-Esteem Refers To A Person's Overall Sense Of Value Or Worth.

Do you feel that you are unloved and unwanted?

Has life's experiences made you feel
like you are not valuable?

Do you lack the motivation
to pursue your dreams?

Is lack of confidence your biggest problem?

Do you feel ugly and wish
you looked like someone else?

Steps To Improve Self-Esteem

- **Silence** the negative thoughts that make you feel bad about yourself by actively taking efforts to ignore or distract yourself from them.
- **Learn** to appreciate yourself and your achievements no matter how small they maybe.
- **Practice** gratefulness by identifying what's good about your life. Think of the people who love you and the simple everyday blessings.
- **Invest** in spending time with people you like and partake in activities that make you happy.
- **Indulge** in positive self-talk by telling yourself statements such as, "I am worth it", "I matter" or "I have great friends and family who love me" "I have talents and skills that are worthy and appreciated".
- **Pursue** your passion by investing time and energy into the skills and talents you possess.
- **Build** a support system of people who love, encourage and support you. (Your support system can include friends or family members)

If you need additional help and support or want to improve your self-esteem, talk to one of our counsellors at:

**TAMARA
MENTAL HEALTH SERVICES***

Write: counsellinghelpline@gmail.com

Call: +91 73973 98989

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