



Building Resilience: Helping You To Help Yourself Week 3

Self-esteem

What we think and
feel about ourselves

What we think we
are worth and
believe about
ourselves

*Believe
yourself*

Confidence

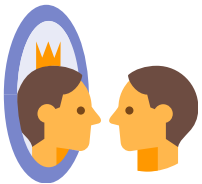
Our belief in our
abilities

Our belief we can
cope with
challenges

Ways to boost self esteem

Challenge unhelpful beliefs
Build positive relationships
Recognise what you're good
at

Write down positive things
about yourself



Be assertive

Start saying "no"

Give yourself a challenge

Ways to boost confidence

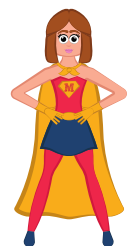
Visualise yourself being
confident

Talk back to your inner
critic

Set small goals to
accomplish each week

Use positive self-talk

Do something outside
your comfort zone



Be kind to yourself!



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Personal Strengths



Write about a time when you felt proud of how you handled something or overcame a challenge:



What qualities helped you step up and cope?



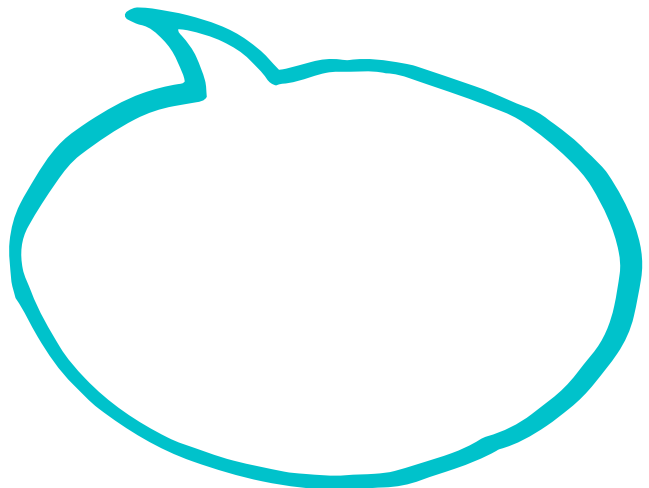
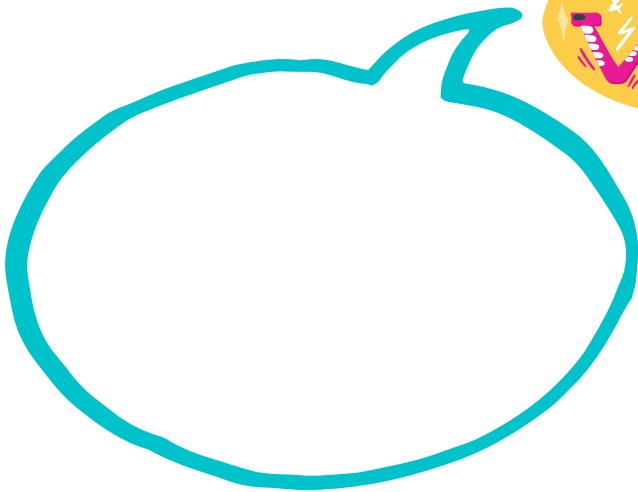
You can also ask friends and family to tell you about your strengths. Write them down too!



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Be Your Own Coach!

Write some positive things you can say to yourself to improve
your confidence





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Assertive communication

Use this template to plan what you will say to assert your needs

1

Describe what happened - the facts

2

Express how you feel

3

Specify your preferences - what you want

4

Consequences - the positive impact



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Weekly Action Plan

What am I going to
do?

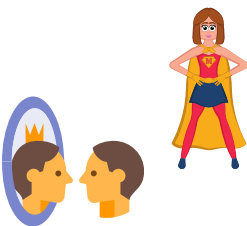
When am I going to
do it?

How much / how
long?

How often / how many
times?

.....

Stuck for ideas?



Try the ways to
boost self-esteem
and confidence



Practise
assertive
communication



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My Toolbox



What's in your Toolbox already?
What can you put in from this week?