

w/c 29th June 2020

This week's theme is: Self-Esteem and Confidence

What is self-esteem, and how is it different to confidence? Self esteem is how we feel about ourselves. It is the opinions we have about the way we are. We may have high self esteem, which means we value and feel positive about ourselves. In contrast we might have low self esteem, which means that we are self critical and view ourselves more negatively. Confidence is closely linked to self esteem, it is about having belief in yourself and your abilities.

Children and Young People

'Top Tips'

Our self esteem, confidence and body image can be affected as we get older, particularly as we are undergoing lots of changes and taking on new challenges. Take a look at our guide to building self esteem and confidence on [pages 2, 3 & 4](#) below.

Staff

'Recognising and approaching'

If you recognise that one of your pupils is struggling with body image or confidence, it can be difficult to know how to approach it. Similarly, it may be difficult if you are feeling low in your own self-esteem and confidence. [Page 5](#) suggests some signs of both pupils and adults struggling with this, as well as some helpful tips on how to support.

Parents/Carers

"Supporting yourself"

Whilst your focus may be on supporting the self esteem and confidence of your young person, it is important to remember to think positively about yourself too. Lots of the tips we talk about in this newsletter are applicable to us at any age, and the activities are worth trying out yourself. We have lots of resources on our website to support you as a parent, [links to these on page 6.](#)

Follow us on social media - @lancsmind
Find more resources for Children and Young People, Adults and Parents on our website:

www.lancashiremind.org.uk



Top Tips for pupils

Our self esteem and confidence changes over time, we may gain confidence and see an increase in our self esteem, or we may lose confidence and see a decrease in our self esteem. There are many things that can affect our confidence and self esteem, including:

Bullying

Friendships and
relationships

School or
college work

Family changes

Money worries

Body image

Think about a time...

...that you felt confident, what were you doing? Why did you feel confident?

Now think about a time that you lacked confidence. What were you doing? What was different?



Top Tips for pupils

How can we build our self esteem and confidence?

- Positive self talk
- Avoid comparison
- Use the internet wisely and question what you see (take a look at our Online Safety newsletter for more tips)
 - Practise self care



Positive self talk

How we talk to ourselves is extremely important. It is very easy to get into the habit of thinking negatively about ourselves, saying things like

'I'm not good enough', or
'I am rubbish at doing...'

By replacing negative self talk with positive self talk, we can have a big impact on the way we feel about ourselves. It may feel a little forced at first, but keep practising it every day.

Good resources

YOUNG MINDS
fighting for young people's mental health

<https://youngminds.org.uk/>

THE MIX

<https://www.themix.org.uk/>

If you catch yourself using negative self talk, don't feel bad, we all do it! Instead try to replace the thought with something encouraging. It can be helpful to think about kind words you would say to a loved one or friend.

Find three things you like about yourself and write them down somewhere you can see!

.....

.....

.....



Compliment yourself in the way you would compliment a friend!

Hunt the good stuff

Noticing the good things that happen to us can help us have a more positive outlook in general. This can help our self esteem. Try noting down three good things that have happened each day:

<p>E.g. I talked to my best friend today</p> <p>I went out in the sunshine</p> <p>I watched a really good show</p>	Monday	Tuesday	Wednesday
Thursday	Friday	Saturday	Sunday

School staff

As young people grow older and continue to have new experiences, most will experience times when their self-esteem or confidence gets knocked, whether in the way they look, or in their own abilities. As a member of school staff you might spend a lot of time thinking about how you can support pupils' self-esteem, but there might also be times where your own confidence gets knocked. This might be if you're finding things difficult at work, or things are going on in your personal life that are difficult to cope with.

How will I know if my pupils are struggling?

If pupils are struggling, they might:

- have a negative view of themselves
- lack confidence
- find it hard to make and keep friends
- feel lonely or isolated
- avoid new things
- find it hard to cope when things go wrong
- put themselves down and say things like "I'm not smart enough" or "I can't do it"
- not be proud of what they achieve and always think they could have done better
- often compare themselves to others.

What about myself?

The things that affect our self-esteem can differ for everyone. Often, difficult or stressful life experiences can be a factor. You may have experienced one or more of these difficulties, or had other experiences that aren't listed here – or there might not be one particular cause:

- experiencing abuse, prejudice, discrimination or stigma
- physical or mental health problems
- bereavement
- academic achievement
- problems with money, at home or with school funding
- lack of empowerment, respect and kindness at work
- trying to meet high expectations, either from yourself or other people.

It could help to

Encourage them to try new things such as joining a new club, or talking to someone they haven't spoken to before.

Try to emphasise positive feedback which can be given alongside negative feedback, with something they can work on.

Ask them what is affecting their confidence and let them know there is support if they're struggling – this could be from the school, their family, or charities.

Remind them that all pupils struggle with confidence issues at times, and they are not alone.

Help them set small goals for things they would like to improve on, such as in a particular subject.

Tell them the positive things you like about them you could help make a list of positive comments from you and other children, for them to keep and look at.

Ask them what went well each day and join them in reflecting positively on their efforts, as well as their achievements.

Be a role model they can relate to.

Communicate with parents and guardians and encourage them to support their child in building their self-esteem.

It could help to

Use your support network when you need them. You could spend time with people you care about, connect with other school staff for peer support, or speak to your manager about things you're finding difficult.

Look after yourself taking time for yourself can feel hard to do when you're busy with work, but it's important to make sure you have some time to relax and do the things you enjoy, such as having family time, a bath, or going for a walk outside.

Try to notice the good things and celebrate your successes, no matter how small they may seem - from helping a pupil, or a lesson plan or difficult work task going really well, to getting good feedback from a manager, or a parent or guardian.

Look for opportunities which allow you to learn, be creative, and try new things in your role.

Top Tips for parents

Most young people will experience times when their self-esteem or confidence gets knocked, as they experience new things and face new challenges in life. Our self-esteem can change as we become parents, and as well as looking after our own, we also start looking to protect our children's self-

If your child is struggling, they might:

- have a negative view of themselves
- lack confidence
- find it hard to make and keep friends
- feel lonely or isolated
- avoid new things
- find it hard to cope when things go wrong
- put themselves down and say things like "I'm not smart enough" or "I can't do it"
- not be proud of what they achieve and always think they could have done better
- often compare themselves to others.

It could help to

Help your child learn something new, and celebrate it Try cooking a recipe together or playing a new game together, or encourage them to join a club.

Try to be accepting of who they are and give them chances to form and share their own ideas.

Encourage them to do things they enjoy and get involved in things they are passionate about.

Make a playlist together of songs that help them feel positive and confident when they listen to them.

Empower them to make healthy choices about their eating, sleeping, and physical activity habits.

Tell them the positive things you like about them You could help make a list of positive comments from yourself and others, for your child to read when they need a boost.

Ask them what went well each day and join them in reflecting positively on their efforts, as well as their achievements.

Let them know it's okay to make mistakes that they can learn from them and it happens to all of us.

What can affect my own self-esteem and confidence?

The things that affect our self-esteem can differ for everyone. Your self esteem might change suddenly, or you might have had low self-esteem for a while – this can make it hard to recognise how you feel and make changes.

Often, difficult or stressful life experiences can be a factor, such as:

- experiencing abuse, prejudice, discrimination or stigma
- relationship problems, separation or divorce
- physical or mental health problems
- bereavement
- problems with employment, money or housing
- worries about your appearance and body image
- trying to meet high expectations, either from yourself or other people.

You may have experienced one or more of these difficulties, or had other experiences that aren't listed here - or there might not be one particular

It could help to

Being a parent can be a great and really rewarding experience but it can also be hard at times and you might feel like your confidence gets knocked. If this happens, it could help to:

Avoid comparing yourself to other parents Try to remember that what other people choose to share about themselves isn't always the full picture, and comparing ourselves is unrealistic.

Try to challenge unkind thoughts about yourself It can be easy to put yourself down but if you find yourself doing this, it can help to ask: "Would I talk to, or think about, a friend in this way?".

Practice being assertive Try to learn how to stop for a second, and breathe before automatically agreeing to something you don't want to. This may get easier the more you do it, and can help maintain your energy and wellbeing.

Try to notice the good things Try to celebrate your successes, no matter how small they may seem. Take time to praise yourself and notice the things you do well.

Lancashire Mind Resources

<https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

Mind.org Resources

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

Other Mental Health Resources

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.healthyyoungminds.org.uk/information/children-and-young-people>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Other Coronavirus Resources for Parents and Carers of Young People

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

<https://www.abc.net.au/life/how-to-talk-to-kids-about-coronavirus-covid-19/12084666>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.studentminds.org.uk/coronavirus.html>

Crisis Help and Helplines

If the person is in a crisis and in need of medical attention, you should call 999 and ask for an ambulance to take them to A&E.

If the person is presenting as a danger to themselves or members of the public you should contact the Police on 999.

Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

<i>Local area</i>	<i>9am-5pm</i>	<i>5pm-9am</i>
Blackburn	01254 226430	01254 226074
Blackpool	01253 951225	01253 956280
Chorley & South Ribble	01772 676173	01772 773525
Hyndburn, Rossendale & Ribble Valley	01254 226006	01254 612640
Lancaster & Morecambe	01524 550550	01524 550198 or 01524 550199
Pendle & Burnley	01282 628455	01282 657222
Preston	01772 647024	01772 773433
South Cumbria	0300 024 7247	0300 024 7247
West Lancashire	01695 684161	01695 684356