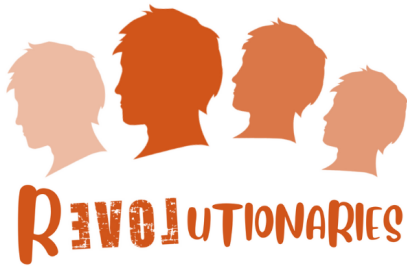


1 IN 4



Quick Guide to Boosting Your Self Esteem

MAKE TIME FOR YOU

In a world focussed on productivity it is very easy to forget to make time for yourself. Time to be you and time to switch off from outside pressures

DO NOT COMPARE YOURSELF TO OTHERS

The images we see around us and on social media can lead to feelings that you are not good enough or they have it better. Those thoughts can become very difficult



EXERCISE

Exercise not only helps to keep you in shape and good for your health but it also releases the 'feel good' hormones which can help you feel happier about yourself too.



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If you are struggling then please seek help

SPEND TIME IN NATURE

Time spent exercising outdoors can improve mood and self esteem. Being disconnected from nature is not natural and so your wellbeing will suffer.

BE NICE TO YOURSELF

Apart from taking care of yourself in general, spending time doing things you enjoy can help you think more positively, especially if you create something good .

PRACTICE FORGIVENESS

We are often our biggest critics. Try reframing critical thoughts by saying i am trying and that is the best.

Mistakes show that I am trying and little by little I am learning and growing.

Forgive your self for past mistakes, as they are in the past and cannot be changed

LEARN THE POWER OF 'NO'

Try to act and speak in a way that is true to your values so you are aligned to your true to self. Learn to say no to someone if you have to. No sets a limit on what you can do or manage

CELEBRATE THE SMALL WINS

Celebrating the small victories is a good way to increase your confidence and make you feel good about yourself. Set yourself mini goals.

Disclaimer

Produced for general information purposes only and not intended to replace medical advice