



How to build confidence and self-esteem

Understand why you are focused on the negative

Challenge negative feelings / thoughts

Focus on the positive

Find the right people to talk to

Get active – following the current Government guidelines – 1 hour a day on your own or with members of your household.

Set yourself goals

Tell someone how you feel

Do something you love

Keep a diary of the positive feelings and activities you have done

Unfollow accounts that make you upset, angry or unhappy

Exercise, when you want to – following current Government Guidelines during COVID-19

Set mini goals

Compliment others

Youngminds 2019, along with current Government guidelines 2020 in relation to COVID-19

