

5 TIPS FOR FEELING GOOD ABOUT YOURSELF

Use these tips as a self-esteem boost on a crappy day.



TREAT YOURSELF LIKE A FRIEND

Challenge negative thoughts about yourself. Try speaking to yourself in the same way that you'd speak to your mates.



OWN YOUR OWN GOALS

Comparing yourself to other people is a sure-fire way to start feeling crummy. Try to focus on your own goals and achievements, rather than measuring them against someone else's.



SURROUND YOURSELF WITH A SUPPORTIVE SQUAD

Spend more time with people who make you feel good about yourself and avoid those who tend to put you down.



FOCUS ON WHAT YOU CAN CHANGE

Instead of getting hung up on things that are outside of your control, focus on identifying and changing the things that are within your control.



CELEBRATE THE SMALL STUFF

You got up on time this morning. Tick. Celebrating the small victories is a great way to build confidence and start feeling better about yourself.

Tools, stories and information for whatever life throws at you.
ReachOut.click/FeelGoodTips

