

Self Esteem

NHS: Raising Self Esteem

<https://www.nhs.uk/conditions/stress-anxiety-depression/raising-low-self-esteem/>

Raising low self-esteem

We all have times when we lack confidence and do not feel good about ourselves.

But when low self-esteem becomes a long-term problem, it can have a harmful effect on our mental health and our day-to-day lives.

What is self-esteem?

Self-esteem is the opinion we have of ourselves.

When we have healthy self-esteem, we tend to feel positive about ourselves and about life in general. It makes us better able to deal with life's ups and downs.

When our self-esteem is low, we tend to see ourselves and our life in a more negative and critical light. We also feel less able to take on the challenges that life throws at us.

What causes low self-esteem?

Low self-esteem often begins in childhood. Our teachers, friends, siblings, parents, and even the media send us positive and negative messages about ourselves.

For some reason, the message that you are not good enough is the one that stays with you.

Perhaps you found it difficult to live up to other people's expectations

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Mind: Self Esteem

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/about-self-esteem/>



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Self-esteem

Explains what self-esteem is, with tips for improving your self-esteem and ways to get further support.

[View this information as a PDF](#) (new window)

About self-esteem

Tips to improve your self-esteem


Useful contacts

What is self-esteem?

Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change. We might also think of this as self-confidence.

Your self-esteem can affect whether you:

- Like and value yourself as a person
- Can make decisions and assert yourself
- Recognise your strengths
- Feel able to try new or difficult things
- Show kindness towards yourself
- Move past mistakes without blaming yourself unfairly
- Take the time you need for yourself



Under 18? We have resources for you on wellbeing, self-esteem and looking after yourself

[See young people's guides](#)