



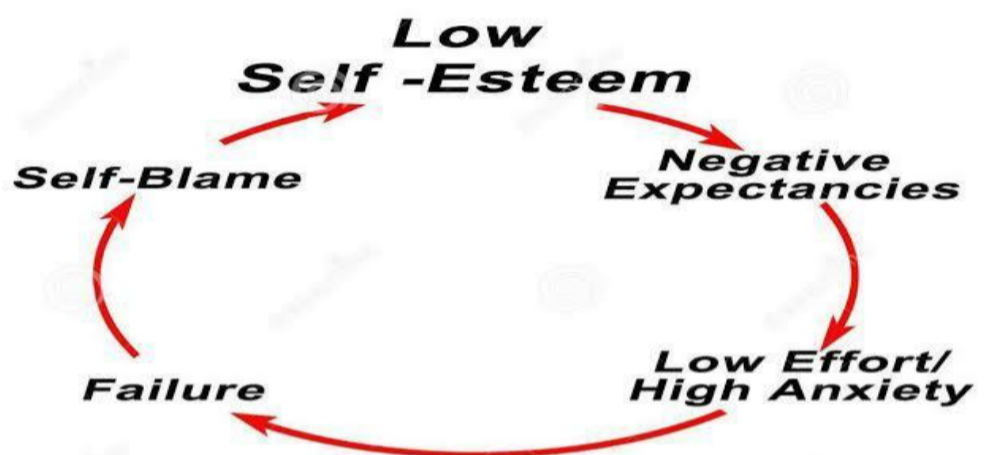
A SELF HELP GUIDE FOR LOW SELF ESTEEM

A Helpful Infographic by Ascend Psycare

Low self-esteem is characterized by a lack of confidence and feeling badly about oneself. People with low self-esteem often feel unlovable, awkward, or incompetent. They have a fragile sense of self that can easily be wounded by others.



HOW LOW SELF ESTEEM AFFECTS YOU



How to manage low self esteem

There are a number of ways in which you can improve your self-esteem.

1. Identify and Challenge Your Negative Beliefs.
2. Identify the Positive About Yourself.
3. Build Positive Relationships—and Avoid Negative Ones.
4. Give Yourself a Break
5. Become More Assertive and Learn to Say No.
6. Improve Your Physical Health.
7. Take On Challenges.

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BOOST YOUR SELF ESTEEM

1. Use positive affirmations in right way.

The idea is you fill your mind with positive thoughts until you start to believe them.

2. Identify what you are good at.

self-esteem grows when we demonstrate real ability and achievements in the areas of our lives that matter to us.

3. Learn to accept compliments.

we tend to be more resistant to compliments at these times, even though this is when we need them the most.

4. Don't criticize yourself.

Doing this will help avoid damaging your self-esteem further, allowing you time to focus on building yourself up instead.

5. Remind yourself of your real worth.

You'll find yourself developing healthier emotional habits, and you'll bounce back easier when you suffer knocks in the future.

We wish to help you through this infographic leaflet as much as we can. If you still need more help, you may consult us on www.ascendpsycare.in



References :

- Hewitt, John P. (2009) *Handbook of Positive Psychology*. Oxford University pp. 217–224.
- Orth U.; Robbins R.W. (2014). "The development of self-esteem". *Current Directions in Psychological Science*. **23** (5): 381–387.

SELF HELP BOOKS FOR LOW SELF ESTEEM

The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field – Nathaniel Branden

The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are – Brené Brown

What to Say When You Talk to Your Self – Shad Helmstetter

Ten Days to Self-Esteem – David D Burns

What's Right with Me: Positive Ways to Celebrate Your Strengths, Build Self-Esteem, and Reach Your Potential – Carlene DeRoo and Carolyn DeRoo

Awaken the Giant Within: How to Take Immediate Control of Your Mental, Emotional, Physical and Financial Destiny! – Tony Robbins

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