

Accept yourself

One of the most important steps in maintaining mental wellbeing is to learn to accept yourself. If you value yourself, you are more likely to have positive relationships with other people and find it easier to cope with difficult times in your life.

Here are some tips to help you increase your self-esteem.

Try not to compare yourself to other people.



Acknowledge your **positive qualities** and things you are good at.

Use self-help books and websites to help you **change your beliefs**.



Learn to **identify and challenge** unhelpful thinking patterns.

Be assertive – don't allow people to treat you with a lack of respect.

Engage in hobbies that you enjoy.



Spend time with supportive people.



Be realistic – you don't have to be perfect all the time.

