



# Accept yourself

One of the most important steps in maintaining mental wellbeing is to learn to accept yourself. If you value yourself, you're 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.**
- **Spend time with supportive people.**
- **Use self-help books and websites.**
- **Acknowledge your positive qualities and things you're good at.**
- **Do hobbies you enjoy.**
- **Be realistic – you don't have to be perfect all the time.**
- **Learn to identify and challenge unhelpful thinking patterns.**