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.
- Learn to identify and challenge unhelpful thinking patterns.
- Engage in hobbies that you enjoy.
- Be realistic – you don’t have to be perfect all the time.
- Be assertive – don’t allow people to treat you with a lack of respect.
- Spend time with supportive people.
- Use self-help books and websites to help you change your beliefs.

mind.org.uk/BlueLight

We’re a registered charity in England (no. 219830)

Funding administered by Cabinet Office

for better mental health