



The Feel Better Newsletter



Written by Jo O'Neill.
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Hi, this week I wanted to talk to you about something called Self Esteem. It means how you feel about yourself. Self esteem is important for making new friends, having confidence to try new activities and being able to cope well when things go wrong.

| High Self Esteem | vs | Low Self Esteem |
|--|----|---|
| <ul style="list-style-type: none"> You see yourself as a positive person Get over mistakes quickly Feel liked by other people Happy to try new things Feel confident Are proud of what you achieve You like who you are | | <ul style="list-style-type: none"> Feel negative about yourself Think you get everything wrong Feel people dislike you Scared to try new things Lack confidence Think of the time you failed Dislike who you are |

If it was up to me

Sometimes we do things because it is what other people want. Think of how much time you spend trying to please others. Are there things in you life you would change? What would you change if was completely up to you?

I would _____

I would not _____

I would try _____

I would no longer _____

I would go _____

I would say _____

I would start _____

I would watch _____

I would listen to _____

Your thoughts are very powerful. If you speak to yourself in a negative way, it can be as damaging as someone bullying you. Always be kind to yourself

- How to improve Self Esteem**
1. Find a box with a lid
 2. Write down all the things you are good at.
 3. Write down the things you are grateful for.
 4. Write down the names of all the people who care about you
 5. If you ever feel that your Self Esteem is getting low, open the box and read what you are good at, what you are grateful for and the people who care about you.
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Your worries – Thank you for your messages. Send me an email with any worries and I will try to help. Email feelbetternewsletter@gmail.com

Dear Jo, me and my best friend had a huge fall out cause I think she was being mean about me on WhatsApp. I can't trust her now. From Ava age 10

Hi Ava, text messages are not like talking face to face. Sometime texts can be misunderstood. Maybe contact her, saying you felt hurt by that text. Ask her explain why she sent it. You feel like the trust is gone, would an apology help? Think about what you value about the friendship. Trust your own feelings.