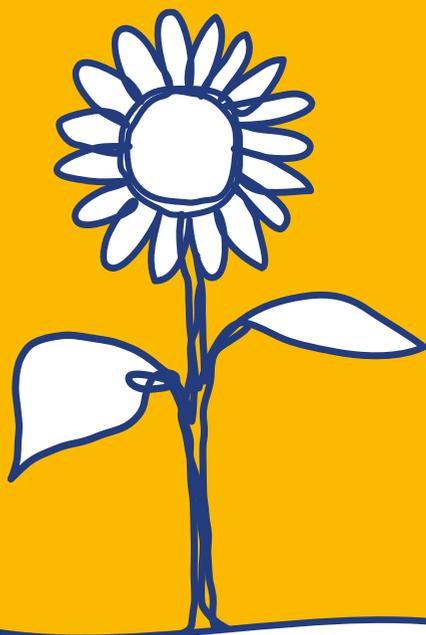


Supporting your self-esteem and confidence



Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can sometimes feel really difficult to change.

As a member of school staff you might spend a lot of time thinking about how you can support pupils' self-esteem, but there might also be times where your own confidence gets knocked. This might be if you're finding things difficult at work, or things are going on in your personal life that are difficult to cope with.

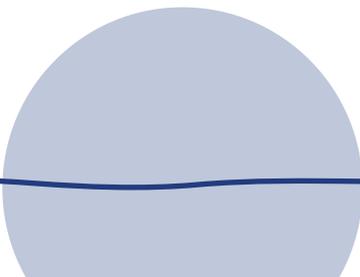
What can affect your self-esteem?

The things that affect our self-esteem can differ for everyone. Your self-esteem might change suddenly, or you might have had low self-esteem for a while – this can make it hard to recognise how you feel and make changes.

Often, **difficult or stressful life experiences can be a factor**, such as:

- experiencing abuse, prejudice, discrimination or stigma
- physical or mental health problems
- bereavement
- academic achievement
- problems with money, at home or with school funding
- lack of empowerment, respect and kindness at work
- trying to meet high expectations, either from yourself or other people.

You may have experienced one or more of these difficulties, or had other experiences that aren't listed here – or there might not be one particular cause.



How to improve your self-esteem

Working in a school can be a highly satisfying and rewarding experience, but it can also be difficult and sometimes you might feel like it knocks your confidence. If this happens, it could help to:

Use your support network when you need them. You could spend time with people you care about, connect with other school staff for peer support, or speak to your manager about things you're finding difficult.

Look after yourself taking time for yourself can feel hard to do when you're busy with work, but it's important to make sure you have some time to relax and do the things you enjoy, such as having family time, a bath, or going for a walk outside.

Try to notice the good things and celebrate your successes, no matter how small they may seem - from helping a pupil, or a lesson plan or difficult work task going really well, to getting good feedback from a manager, or a parent or guardian.

Look for opportunities which allow you to learn, be creative, and try new things in your role.

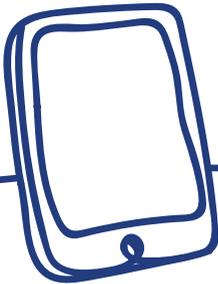


Try not to take too much on It's ok to set boundaries around how much you do for other people. Over-stretching yourself to please others can affect your energy and wellbeing.

Set yourself small goals if you're finding something difficult, or want to change something. Making a series of small steps, whether it's asking a colleague for their advice or setting a new class rule, will help you achieve the end result you're looking for in a manageable way.

You may find these ideas helpful, but remember that different things work for different people at different times. Only **try what feels comfortable** and useful for you at the time.

For more ideas and information on looking after your wellbeing visit [mind.org.uk](https://www.mind.org.uk)



[mind.org.uk](https://www.mind.org.uk)

 [@MindCharity](https://twitter.com/MindCharity)

 [mindforbettermentalhealth](https://www.facebook.com/mindforbettermentalhealth)

