

# Building Confidence and Self Esteem

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One of the most common reasons that students seek help from the Student Welfare Officer is because they feel that they have no confidence. This could show itself as feeling anxious about giving a presentation in school, worried that they are not very clever, or nervous about meeting new people. This can be particularly difficult if everyone around you *appears* to be brimming with self-confidence. Although some people may naturally be more confident than others, it is something that most of us have to learn.

We all have times when we lack confidence and don't feel good about ourselves. This can be in relation to the way we look, our abilities, or even how good a friend we are. The way we feel about ourselves, and how confident we are, is sometimes called 'self-esteem'.

When we have healthy self-esteem, we tend to feel positive about ourselves and about life in general. It makes us more able to deal with life's ups and downs. We feel more confident to try new things.

When our self-esteem is low, we tend to see ourselves and our life in a more negative and critical light. We also feel less able to take on the challenges life throws at us.

If you have low self-esteem or confidence, you may avoid things you find challenging. Avoiding situations that you find difficult and challenging can make you feel safer in the short term. In the long term it is not helpful as it teaches you that this is the only way to cope. Plus, you don't get to learn that you can actually do the things that you thought you couldn't.

## **One of the ways that you can build your confidence is to give yourself a challenge.**

Set yourself a goal. It does not have to be a massive goal. It could be as simple as sitting next to someone you don't know in a lesson, saying "hi" to someone new or going into a shop by yourself. Or it could be more challenging such as joining a club, signing up for one of the school walking challenges or going to a social occasion. Setting yourself simple goals, and achieving them, will help build your confidence to try other things. You can increase the level of challenge as you get more confident.

*There will be more tips on how to build confidence in the next newsletter.*

**Tip: If you are struggling with this or any other issue, then talking to someone about it can be the key to moving on. They won't have magic solutions but you might be surprised how helpful it is just telling someone how you are feeling.**



Uffculme School Student Welfare Services  
Looking out for our students