

# CONFIDENCE

What is confidence?

**Believing in yourself, your abilities and ideas** – this could be knowing a suggestion you have in class is a good one, feeling like you can learn a new song your band wants to perform, or knowing you can ask someone out without getting cold feet.

**Understanding and accepting yourself for who you are** – like being proud of your sexuality or hair colour, being okay with not being great at sports, or not wanting to change yourself to fit in with others.

**Confidence doesn't mean being 'outgoing'**. You can be quiet or shy and still be confident. And even when someone's the loudest person in the room, that doesn't always mean they're feeling the most confident inside. Accepting who you are and being proud of anything which makes you different is very important, there is only one version of yourself.

Having self-confidence is about being able to trust your own abilities, and believe you can achieve your goals. Low self-confidence can often play a significant role in anxiety and depression. When you don't believe in yourself you can struggle to muster up the courage or enthusiasm to take risks or complete tasks to the best of our ability or perform at your best. This means you won't get the best results you can, and your lack of confidence in your abilities is reinforced.



# BE KIND TO YOURSELF

**It might feel like a big step to make changes.** Start by trying a couple of new things each week, until you find what works for you. Go at your own pace and don't put too much pressure on yourself – small changes can make a big difference.

## **Recognise and challenge your unkind thoughts.**

Try to do this by talking to yourself as you would to a good friend. You could ask yourself: 'How might someone else see this?', 'Is there anything that suggests this might not happen?', or 'What would I say to a friend who was thinking this?' Answering these questions may help you to think more rationally and calmly.

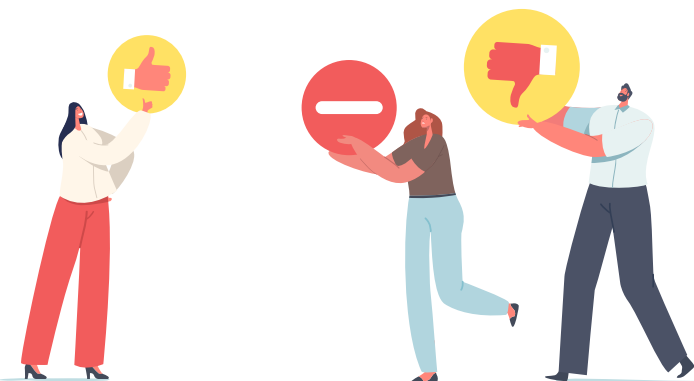


**it's okay**

**Remember it's okay to make mistakes.** It's also important to forgive yourself when you do make a mistake.

**Repeat positive statements to yourself.** For example, you could say 'I am enough' or 'I am worth it' to yourself in the mirror every morning.

**STAY POSITIVE**

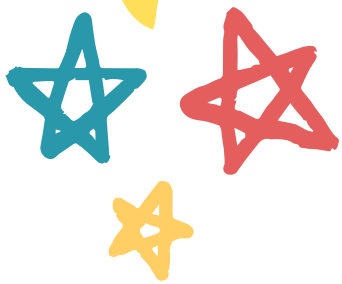


**Avoid comparing yourself to others.** For example, try to remember that the pictures people share on social media have been carefully chosen or filtered. And they often don't show what people's actual lives are like.

# OTHER TIPS FROM YOUNG PEOPLE

Here's some more tips that young people have shared:

**“Make an online board or blog of motivational quotes and images.”**



**“Know your limits”** and don't push yourself too hard.



**“Meditation, having a clear headspace.”**



**“Keep a box or diary of achievements”** and things you're proud of.



**“Don't be afraid to unfollow accounts** which make you feel bad about yourself, promote unhealthy ideas about food or don't create real images.”



**“Identify what's unhelpful for you”**, like tips that don't work, or things that have a negative effect on your self-esteem or confidence.

**“Practice self-care”** – take time for yourself, and do the things you need to do to look after your mental and physical health.



**“Think back in time** to how we felt when we made similar mistakes when we were younger, and how little it affects us now, that might help us put everything in perspective.”