

# daacss

Derbyshire All Age Carers Support Service

It's good to be  
me 

Understanding self-esteem,  
embracing differences, and  
building confidence



# What is Self-Esteem and Self-Confidence

- It is great to feel good about yourself. To describe this, people often use words like self-esteem and self-confidence
- Self-esteem and self-confidence is about feeling good about who we are most of the time
- It is about believing in ourselves and in our strengths and qualities and knowing our self-worth
- Self-esteem and self-confidence are your quiet inner strengths, and is not just about appearance but about you as whole person



# What is good Self-Esteem?

Having good self-esteem is not about being happy all the time, or about always feeling confident

We all have bad days and negative thoughts and feeling sometimes.

Having good self-esteem helps us move on from those negative feelings as you are will be more able to be kind to yourself or ask for support when it is needed.

Good self-esteem means that you like yourself, you feel proud of yourself and confident about the things you are good at. You feel able to try new things and give something a go and are kind to yourself if things do not go so well.

# What is Negative Self-Esteem



- The way we feel about ourselves will naturally go up and down at different points or there will be days when things don't go as well for you
- You might feel you are not as good as others, or you do not notice the good things about yourself
- You might think more about things you can't do rather than things you can do
- You might feel unsure or afraid to try and might give up too easily
- You might feel bad about yourself if others are unkind to you or if you feel different to your other people or friends

# Feeling Different



- We are all unique in our own way, and we are all good at different things, but sometimes we can feel different from others
- Sometimes our self-esteem can be affected by those around us such as being a Young Carer for a parent, sibling or family member and it can be hard to find time for yourself and know that you have a different life at home to your friends
- Self-esteem can also be affected by being made to feel different and this might be because part of your identity is that you have additional needs or a neurodiverse condition such as autism, ADHD or dyslexia
- Or being made to feel bad about your cultural identity or not liking the way you look or for LGBTQIA+ children and young people

# It's good to be me



Let's think of things that can help you feel good about yourself...

Say positive things about yourself, like:  
**"I am unique. I am strong. I am a good friend."**

Keep a **strengths diary**. Write down things you're good at, like drawing, being kind, or helping others.

When things feel hard, don't give up. **Ask for help** from a friend, family member, or trusted adult.

Try swapping "I can't" for "**I can try my best.**"

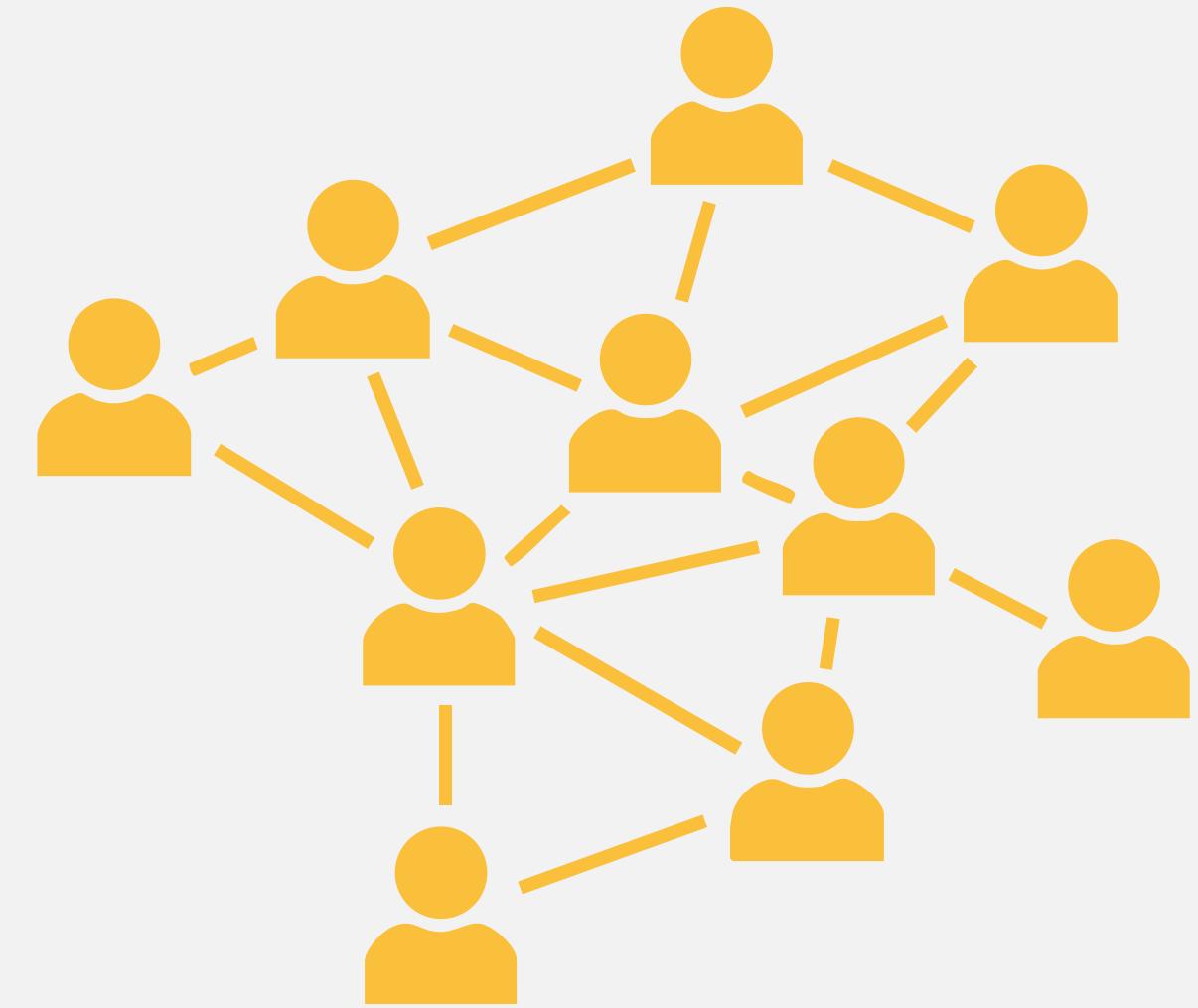
**Get active** – move your body, go for a walk, or spend time with family, friends, or pets.

**Be kind to yourself.** Take time to relax and enjoy something you love – even just 5–10 minutes.

# The Building Blocks of Self-Esteem

Let's think about what we need to grow self-esteem...

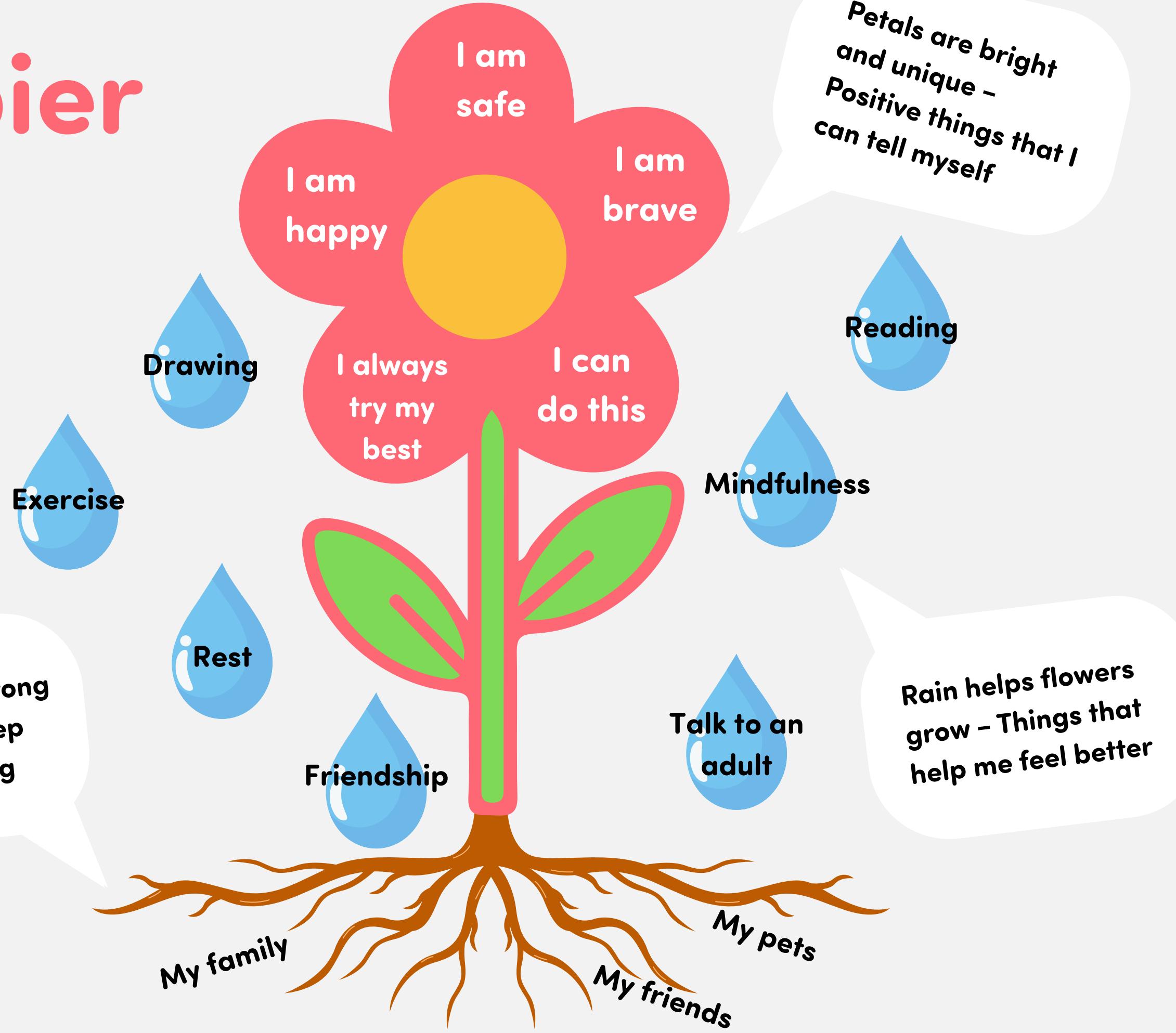
- Self-esteem and self-confidence take time to grow and to be strong
- This might be thinking of the people or things around us who help us have good self-esteem or the things that we enjoy doing
- You might want to think of it like building a strong wall in a computer game and think about what you need at the bottom – the foundations – and what helps the wall to build and what keeps the wall strong
- Or think of it like a flower with roots, leaves and petals and think what a flower needs to have good strong roots and to grow and bloom



# My Feel Happier Flower

Think of what a flower needs to have good, strong roots and to grow and bloom.

Roots keep us strong  
- People who keep me feeling strong



# Your Feel Happier Flower



# Final Thoughts...

## You are a STAR



- Self-esteem and self-confidence take time to grow and be strong
- Everyone is worthy of being loved and liked and everyone deserves to be treated with kindness, fairness, dignity and respect
- Everyone can do good things and acts of kindness, even if they seem like small things
- Everyone is unique in their own way and is ok to be different
- We have all own star qualities and even when we sometimes we don't feel it, remember that a star shines brightest when it is darkest

**So go on and shine... You are you, and it's good to be you**