

Self Esteem

By Jenet Kirby

Do you have High Self Esteem? Then you don't need to read this.....

Can you accept a compliment given right there and then, without dismissing it or deflecting it?

Do you walk with your head held high and looking ahead of you or do you look down?

Is your voice clear and strong?

Can you list 5 things you like about yourself without pausing?

If your answers are yes, then you still don't need to read this.

But do read on if you answered **No**.

I see many people in my clinic who want to improve their self esteem, to feel better about themselves. They may be having trouble at work speaking up or feel they are not being heard nor being taken seriously. This can also apply at home. It does not matter how old you are. Even if you are 6, 16 or 60 years of age, the effects of low esteem can be debilitating in some. Socially with friends, colleagues or with a partners' friends or colleagues can be excruciating.

Has this happened to you too? Self esteem is one of the primary influences on almost everything we do.

Well, there are some things you can do to feel better and look better.

- **Fake it till you Make it!** This you may have heard before. It is an old one but a good one. If when you feel a little low and you can smile, you may begin to feel happier. Give it a go. You may even make someone else's day go more smoothly.

- **Walk Tall.** By changing your physiology by improving your posture, you can feel emotionally better, more empowered and stronger. You will look to others stronger and more successful. And they will respond accordingly.
- **Challenge yourself** by trying something new. Is there anything you have wanted to do for some time and not felt you had the skills or know how? Do some research to see what you need do to get them and do it.
- **Give yourself a break.** Stop the deprecating words. Stop putting yourself down. Many people have got into that habit of berating themselves at every turn. Stop it! Put a big red cross through those words.
- **Get out of your own way.** Sometimes you need to so step aside from yourself. Look at yourself through someone else's eyes. Choose someone who you admire and who likes you too.
- **Eat well.**
- **Just say "Thank you"** if you are complimented, and smile.
- **Enlist Help.** Speak to someone who can help. Hypnotherapy helps. It is a gentle form of therapy where you become empowered.

So now just do it for you.