

# Self-worth: an introduction

## TIP SHEET

*Relationships Australia WA's education team have developed a range of tips to help support you during difficult times. As a free resource, we encourage you to share this with your community.*

It's not uncommon to experience feelings of not being good enough, which can be challenging and may make you feel vulnerable. However, it is very helpful to know support is available to help you find some relief and provide the opportunity to move forward more positively.

Building your self-esteem is an 'inside job' you can take charge of.

**Here are some suggestions to assist you:**

**1. Remember, you are in charge!**

Bear in mind that sometimes you need to **DO** things in order to start feeling better. This means at first you might need to act on things that don't feel easy or comfortable, but it's important to trust that this is the most critical part of change – **the doing bit**. This is an opportunity – this puts you in charge of yourself – use this newfound power for good!

**2. Get organised**

Research shows getting organised gives you purpose and a sense of achievement, and that achievement increases our feelings of worth. A schedule and to-do list help you to get things done and creates an opportunity for success each day – even small wins boost positive feelings. So get yourself a big piece of paper and start planning.

**3. Develop an attitude that takes care of you**

This really is all about choosing a different way to look at the same experience. It comes down to changing our bad luck story to being accepting of the things that we can't change. Mistakes, struggles and difficult feelings can be super powerful. They make us human and means we can learn and grow.

**4. Look out for yourself AND others**

Every day we all have opportunities to choose to treat ourselves and strangers like we would a good friend – with kindness, acceptance and forgiveness.

## 5. Watch your language

We can be negative (limiting) or positive (powerful) in the way we speak. For example, you can be negative and say “*I can't handle this*” or be positive and say “*this situation is challenging and different, but I can handle it*”. Our brains can be lazy and they tend to believe whatever we keep telling them. So, choose “*I will*” and “*I can*” instead of “*I won't*” or “*I can't*”.

## 6. Avoid letting your feelings be your new boss

During difficult times when we ‘feel’ bad, we often behave badly too. However, we always have choices. Even when we feel sad or angry, we can pause and decide to do things differently. Right now - you might be thinking, why get out of bed in the morning? It might be easier to stay there with your difficult feelings. But this often leads to feeling worse.

Manage those feelings by getting up and behaving more positively. Get up, get moving, get into action and better feelings tend to follow. The people around us will like it better too!

## 7. Have some ‘You’ time

The message to do this has never, in history, been clearer. Take some time to reflect on your diet, sleep, exercise and fun time. It's true that when we are working on improving our self-esteem part of the struggle is approving of our own reflection in the mirror.

This isn't about being the prettiest or the most handsome. It's about seeing that person and knowing they are showing up each day with energy and effort. Our physical well-being determines our emotional well-being, which in turn impacts our self-esteem. Taking time for yourself has never been more important.

## 8. What you do now really matters

It is easy to look into the past and reflect on all that may have left us feeling unhappy, resentful, and not good enough. We may also focus on the future - ‘when things will be better’- but this too can leave us feeling stressed, impatient and angry. The consequences of the past and future on our self-esteem are often dire, but we can choose an alternative view.

By keeping our focus in the present, we can understand that this moment too will pass and remember we have gotten through tough times before. In the present, we can choose calm, kindness and respect toward ourselves and others. We can come to appreciate that this is all that is asked of us right now, and that is perfectly good enough!

**As we journey through these challenging times, please reach out for support and connection amongst your community or if you'd like further support from Relationships Australia WA you can call us on 1300 364 277.**

Our Education team are continuing to facilitate Relationship Australia WA's seminars, workshops and courses face-to-face and online.

If you'd like to register your interest in attending a course on [Self-Worth: An Introduction](#) or any of our other courses, please email [education@relationshipsaustralia.org.au](mailto:education@relationshipsaustralia.org.au) or call 6164 0200.