

Building **SELF-ESTEEM**

Self-esteem is knowing you matter, and that other people do too. It helps you deal with problems, get on well with others and to *make the most of life*.

WHAT BUILDS SELF-ESTEEM?

Appreciating the things you do and the things your child does

Understanding how you feel and how your child may feel

Showing your child you love them and are interested in them

Listening to your child shows you care about their feelings and thoughts

Encouraging your child to try new things, while not pushing too hard

Showing you have confidence in the things you do - modelling behaviour

Spending time with your children

Accepting and respecting yourself

Giving choices to build confidence without forcing too many decisions

Acknowledging feelings

Giving descriptive praise

The **CALMING** Hand

The Calming Hand is used to help control panic attacks and eases breathlessness. It can be used by anybody of any age!

RECOGNISE

Recognise the signs of breathlessness or panic and that they are not sinister. You've been here before and it will be okay! Hold your thumb firmly and remind yourself what to do next. This will help calm your breathing.

SIGH OUT

Relax your shoulders, breath out, then stop and drop your shoulders. Then...

INHALE

Take in a slow and gentle breath, through your nose, and then...

EXHALE

a gentle breath out. Try and exhale for longer than you inhale, and then...

STRETCH YOUR HAND...

...relax and stop. Hand stretching is helpful when having an acute episode of panic



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Here are **10** ways to **FIGHT YOUR FEARS**

1

Take Time Out: It's impossible to think clearly when you're flooded with fear or anxiety. Walk round the block, make a tea or have a bath!

2

Breathe Through Panic: If you have a faster heartbeat or sweaty palms, don't fight it. Put your hand on your stomach and breathe slowly and deeply. Getting used to coping helps take away the fear of fear.

3

Face Your Fears: Avoiding fears only makes them scarier. Whatever your fear, if you face it, it should start to fade. If you panic getting into a lift, for example, try getting into a lift again the next day.

4

Imagine The Worst: Try imagining the worst thing that can happen. Perhaps it's panicking and having a heart attack. Try to think yourself into having a heart attack - it's not possible! The fear will run the more you chase it.

5

Look At The Evidence: Challenge fearful thoughts. If you're scared of getting trapped in a lift and suffocating - have ever heard of this happening to someone? What you would say to a friend who had a similar fear?

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6

Don't Try To Be Perfect: Life is full of stresses, yet many of us feel that our lives must be perfect. Bad days and setbacks will always happen, and it's important to remember that life is messy.

7

Visualise A Happy Place: Take a moment to imagine a calm, safe place. It could be a beautiful beach you visited, or snuggled up with the cat next to you. Let the positive feelings soothe you until you feel more relaxed.

8

Talk About It: Sharing fears takes away a lot of their scariness. If you can't talk to a partner, friend or family member, call a helpline such as the Samaritans (116 123, open 24 hours a day).

9

Go Back To Basics: Lots of people turn to alcohol or drugs to self-treat anxiety, but this will only make matters worse. Simple, everyday things like a good night's sleep, a wholesome meal and a walk are often the best cures.

10

Reward Yourself: Give yourself a treat. When you've faced up to a fear, reinforce your success by treating yourself to a massage, a country walk, a meal out, a book, a DVD, or whatever little gift makes you happy.