



FAQ: How can I increase my self-esteem?

Focusing on the things we love about ourselves can be one helpful way to build our confidence. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. We encourage you to take a moment to remember the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.). Writing these things down and having them easily accessible can help build your confidence. We recommend watching the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. Doing your own daily affirmation and spending time doing the things that make you happy can be helpful tools in building up your self esteem. Some others tips and things to remember are:

- 1) Surround yourself with positive, supportive people.
- 2) Focus on thinking more positively about yourself. Changing the way you think about yourself changes the way you feel about yourself!
- 3) Mistakes are lessons, view them as learning opportunities!
- 4) Don't ever think you are inferior or less than anybody. Nobody is perfect!
- 5) Remind yourself that everyone excels at different things. Focus on what you're good at and what makes YOU unique.
- 6) Try new things and set goals.
- 7) Remember to take care of yourself and spend time doing what makes you happy.



Resources:

For additional resources, please visit bloom365.com/resources

<p>BLOOM365 Advocacy Line and Support Groups</p>	<p>Text or call a BLOOM365 advocate for free, confidential support. Beginning January 7th, our advocacy line will be open for texts and calls Monday-Thursday from 3PM-9PM! To reach a specific advocate directly, visit www.bloom365.org/contact. Text/Call: 1-888-606-HOPE (4673)</p> <p>Join us every Monday, Wednesday, and/or Thursday evening for one of our drop-in support groups (Holidays excluded)!</p>
<p>Teen Lifeline</p>	<p>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships. Peer/Teen Counselors answer the hotline from 3pm-9pm every day, including weekends and holidays.</p>
<p>National Teen Dating Violence Hotline</p>	<p>Text "LOVEIS" to 22522 24/7</p>
<p>National Domestic Violence Hotline</p>	<p>1-800-799-SAFE (7233)</p>
<p>National Sexual Assault Hotline</p>	<p>1-800.656.HOPE (4673)</p>
<p>National Human Trafficking Hotline</p>	<p>1-888-373-7888</p>
<p>Crisis and Suicide Prevention</p>	<p>Suicide Prevention Lifeline: 1-800-273-TALK (8255)</p> <p>Crisis Text Line: Text TALK to 741741</p>

Wondering how to reach out for help/support?

Check out page 22 in your workbook or visit www.bloom365.org/resources