

August 2017

## Feel Good About Yourself

Changing the negative thoughts you have about yourself to positive ones takes time and persistence. If you use the following techniques consistently for four to six weeks, you will notice that you don't think these negative thoughts about yourself as much. If they recur at some other time, you can repeat these activities.

Don't give up. You deserve to think good thoughts about yourself.

### Make Affirming Lists

Making lists, rereading them often, and rewriting them from time to time will help you to feel better about yourself. If you have a journal, you can write your lists there. If you don't, any piece of paper will do. Write lists of strengths, accomplishments and things that make you feel good about yourself and read often for an instant mood booster!

### Reinforce a Positive Self-Image

Set a timer for 10 minutes or note the time on your watch or a clock. Write your name across the top of the paper. Then write everything positive and good you can think of about yourself. Include special attributes, talents, and achievements. You can use single words or sentences, whichever you prefer. When the 10 minutes are up, read the paper over to yourself to keep reminding yourself of how great you are!

### Develop Positive Affirmations

Affirmations are positive statements that you can make about yourself that make you feel better about yourself. They describe ways you would like to feel about yourself all the time. Make a list of your own affirmations. Keep this list in a handy place, like your pocket or purse. Read the affirmations over and over to yourself -- aloud whenever you can.

### Appreciation Exercise

At the top of a sheet of paper write "I like \_\_\_\_\_ (your name) because:" Have friends, acquaintances, family members, etc., write an appreciative statement about you on it. When you read it, don't deny it OR don't argue with what has been written, just accept it! Read this paper over and over. Keep it in a place where you will see it often.

### Self-Esteem Resources

Go to your library. Look up books on self-esteem. Read one or several of them. Try some of the suggested activities. This article is just the beginning of the journey. As you work on building your self-esteem you will notice that you feel better more and more often, that you are enjoying your life more than you did before, and that you are doing more of the things you have always wanted to do.

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### HOW TO USE YOUR EAP:

**ERC** is your company's Employee Assistance Program (EAP). For additional information, visit our website [www.ERCincorp.com](http://www.ERCincorp.com) or simply call 1-800-222-8590.