8 Tips for Improving Your Self Image

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How to Boost Your Self Esteem

There are many possible causes of low self-esteem, especially in our modern society where we are constantly bombarded with media and unrealistic standards. Unfortunately, low self-esteem is also a side effect of depression, because naturally when you're feeling down you can turn inward and start taking it out on yourself.

This doesn't have to be the case though. With a few lifestyle changes you can increase your confidence and learn how to boost your self esteem.

1. Identify Your Sensitivities

The first step is to find the areas in which you are sensitive. You can't expect to change your thinking habits or perspective if you don't know which areas need your attention. I find the easiest way to do this is to focus on becoming aware of the thoughts you direct at yourself. What are you saying to yourself? How do you treat yourself?

If this seems too difficult or too intense, it may be easier to write a list. Start a list of areas in which you think you're weak. This could be physical weaknesses, intelligence, appearance, socially, etc. Once you have a few written out you should have a pretty good idea of where to start.

2. Change Your Thought Patterns

Once you've identified the areas in which you are most negative you can work on adjusting your thought patterns and focus on more positive energy and encouraging thoughts. If you realize that you're about to treat yourself in an abusive or negative manner, adjust your thought patterns and compliment yourself instead.

For example, if a source of the inward negativity involves a mistake, try changing your perspective – instead of viewing the mistake as a failure, look at it as a learning experience or a lesson. Chances are you'll do what you can to avoid making the same mistake in the future so learn from your error and do your best to move on.

3. Surround Yourself with Positive People

There is a saying, "You are known by the company you keep." So make sure that you are surrounding yourself with positive and supportive friends and family.

People who constantly complain and consistently have a negative outlook on everything will bring you down and make your feel worse. Keeping close with friends and family who inspire and uplift you will in turn increase your mood and boost your self-esteem. You'll start to feel happier and more confident.

4. Stop Comparing Yourself to Others

With easy access to technology and social media, we can often be overwhelmed by images and stories of perfect lives and perfect bodies.

It’s important to remember that you have been there to witness every aspect of your life, the good and the bad; but what you're seeing posted on social media and the stories that your friends and family choose to share with you are likely an edited and refined image.

Next page: finding a hobby and focusing on your health.

4. Stop Comparing Yourself to Others

You weren't there to see all the pictures they deleted before they posted that one good selfie, nor were you there to see the hard work and failure they went through before sharing their wonderful success story.

Don't be so hard on yourself when you're only seeing a shiny glimpse of the whole picture.

5. Spend Time on Yourself

Pamper yourself. Work out. Relax. Take a long bath or a hot shower. Put some extra time into your hair or makeup. Take the time to find and outfit that you love. Wear matching underwear. Put a little extra effort into your appearance.

When you leave the house looking good, you'll feel good and that confidence will show. It's contagious and it's addictive. It feels good to feel good! Flaunt it!

6. Focus on Your Health

Eating right and regular exercise will not only improve your physical body but it will help your mental state as well. Stick to healthy foods that make you feel good. Exercise will increase your self-esteem while boosting endorphins that will help to stabilize your mood.

7. Find a Hobby

A quick way to boost your self-esteem is to immerse yourself into a hobby or something that you love. It feels good to work on a project that you're passionate about or to focus on a hobby that you're good at.

Creativity is also a great way to help handle some other symptoms of depression and will increase your social circle. Finding like-minded people and friends who share the same passions will help you to feel better about yourself as you'll feel like you belong.

8. Volunteer

Take your focus off of yourself by helping out in your community or volunteering at events. Being productive and helping others is a great way to increase your self-esteem because you start to feel like you're making a difference. You'll also start to learn more about yourself and find new things that you are good at and enjoy.

Conclusion

There are a multitude of reasons why you could be suffering from low self-esteem, but the good news is that it can be changed. Want an easy way to start? In addition to the activities and changes mentioned above, try writing a list of 10 amazing qualities or things you love about yourself and go back to it when you're feeling down. Better

yet, post it somewhere that you'll see it regularly. Smile and bring on the positivity!