

February is Boost Self-Esteem Month

# Boost your self-esteem

Self-esteem refers to how we think about ourselves. People with high self-esteem tend to have a strong sense of self-worth, and they tend to see the good in themselves and their lives. Fortunately, you can cultivate your own self-esteem.

- **Replace negative, critical self-talk.** Practice telling yourself positive, self-affirming statements. Celebrate your successes and acknowledge your strengths.
- **Have self-compassion.** Be kind to yourself and minimize your flaws. Everyone has imperfections, and it is important to focus on your positive qualities.
- **Avoid comparing yourself to others.** Social media can often portray an unrealistic picture of people's lives. Focus on your own journey and progress.
- **Learn from everything.** Every experience, both positive and negative, offers valuable lessons. Use setbacks as opportunities for growth and development.
- **Surround yourself with positive, supportive people.** Let them inspire and uplift you, and give back by celebrating their achievements as well.



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