

# Self Confidence



Hi everyone,

I hope you are looking after yourselves as this email finds its way to you.

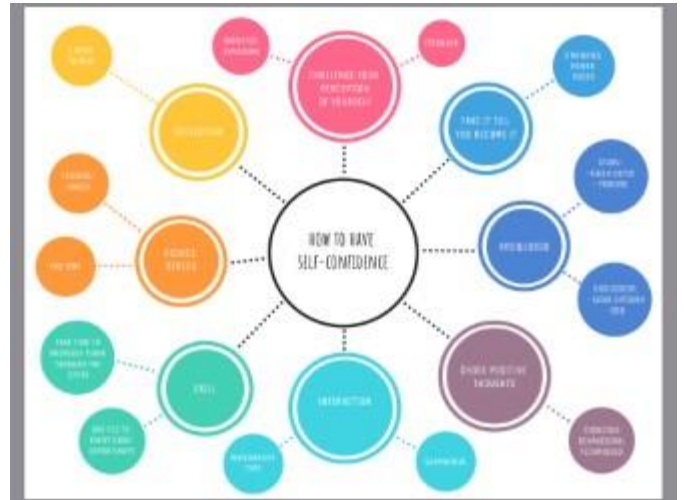
Today's well-being snippet is taken from CAMHs and all about self-confidence and how to build it.

Self-confidence can refer to a general sense of trust in your ability to control your life, or it might be more situation specific.

For example, you might have high self-confidence in a particular area of expertise but feel less confident in other areas. So many successful people credit their sense of self and their confidence to their success. But few people really explain how to build confidence, or how to become confident. It's tricky, because confidence is built on different things, but overall, it is built on choices and accomplishments that feed your passion, and that make you feel happy and proud of who you are.



Discovering these things is one of the



most worthwhile pursuits of your life.



So, what are some of the benefits of developing self-confidence?

**Experience healthy relationships:**

Self-confidence can be infectious. It helps make those around you feel more confident and comfortable when communicating with you.

At heart, self-confidence is about appreciating and trusting yourself. When you know and accept your own strengths and weaknesses, you're better able to appreciate and support the people around you

**Succeed more in your jobs**

With any job or task you have to tackle, your self-confidence will be there to hype you up for the big moments. It will also sustain you through the hard work and times of growth and uncertainty. You won't waste time going back and forth worrying over your abilities or what others think of you. You will seem at ease in the way you perform. Self-confidence can also help you develop leadership skills because you can easily connect and communicate.

**Welcome new chapters without worry**

Life is full of new beginnings. New beginnings aren't as daunting when you're confident in yourself. You can better believe in your abilities when testing your limits and trying new things. Confident people also make decisions more easily. Their confidence spills over into their decision-making process, making new adventures exciting, not scary.

### **Experience greater resilience**

Even confident people can't avoid mistakes or failures. It's part of life, and no matter how much your confidence encourages you, you aren't immune. Instead, your self-confidence will help you accept responsibility and understand that you're constantly learning throughout life.

Self-confidence doesn't come from one moment or action and it persists despite the bad moments. After acknowledging that you make mistakes, your self-confidence will help pick you up and bounce back faster. You'll know you've done your best, and you can view it as a learning opportunity.

There's a TED Talks video here on 'How to Build Self Confidence' if you're interested <https://lnkd.in/d8xcXtMb>

So, I will end with the fabulous quote from Sandra Bullock as she rightly states:

"The rule is you have to dance a little bit in the morning before you leave the house, because it changes the way you walk out into the world".

Mindset matters!      

#selfconfidence #lifeskills #wellbeingweds

#ownit #youcandoit #opportunities #selfgrowth