

YOUNGMINDS

Provides free 24/7 support
Text: YM to 85258

Provides lots of information and

DITCH THE LABEL YOUR WORLD, PREJUDICE FREE

Provides lots of information
Advice and support forums



Provides free 24/7 support
Call for free
Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

People

Safe relationships,
Good people are you.

Purpose

A purpose in life,
A great education built for you.

Place

A good place to live,
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy
Kilhams Way
King's Lynn
Norfolk
PE30 2HU

01553 887330



The Fen Rivers Academy

Part of the Catch22
Multi Academies Trust

'Every interaction a conscious intervention'



Confidence and self-esteem



Self-esteem and confidence

We all have self-esteem and at different times in our lives our self-esteem and confidence can get higher and lower.

Our self-esteem is made up of our views and how we think and feel about ourselves.

We can affect our own self-esteem negatively by comparing ourselves to others.

It would be hard to like every part of yourself but, focusing on what you do not like or getting stuck on negatives can really lower /change your self-esteem.

Your confidence can change because of a situation. For example, if you are going into a new class at school your confidence may not be as high as it is when you are with your friends outside of school.

This is completely normal.

There are however, ways to improve your confidence and self-esteem. It is not a quick process and can take time but there are steps that you can take.

A healthy and positive self-esteem can help you in lots of different ways

Tips to boost your self-esteem and confidence

- Replace negative thoughts of yourself with positive ones
- Exercise and eat well
- Be kind and helpful to others
- Listen to music that makes you feel positive and happy
- Use words like 'yes or no' instead of 'not really'
- Challenge negative thoughts and don't jump to the worst conclusion
- Try to accept yourself- nobody is perfect and we all have flaws.
- Act like you already are confident

BELIEVE IN YOURSELF

What if I am struggling with how I feel?

If you are having negative feelings about yourself or, if you are struggling with how you are feeling, it might be time to ask for help and tell someone.

Speaking to someone can help you feel like you are not alone. They can listen to you and help you to get some support and advice.

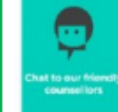
What other support is there ?

Remember it takes courage to ask for help but you deserve that help and support

There is lots of support out there for you

kooth

On Kooth you can



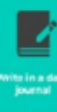
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childline

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childline.org.uk | 0800 1111

Your Organisation

Childline are here to talk to you

24/7

Chat online

Call free