



MIND

TALK

Confidence and
self-esteem



Hello!

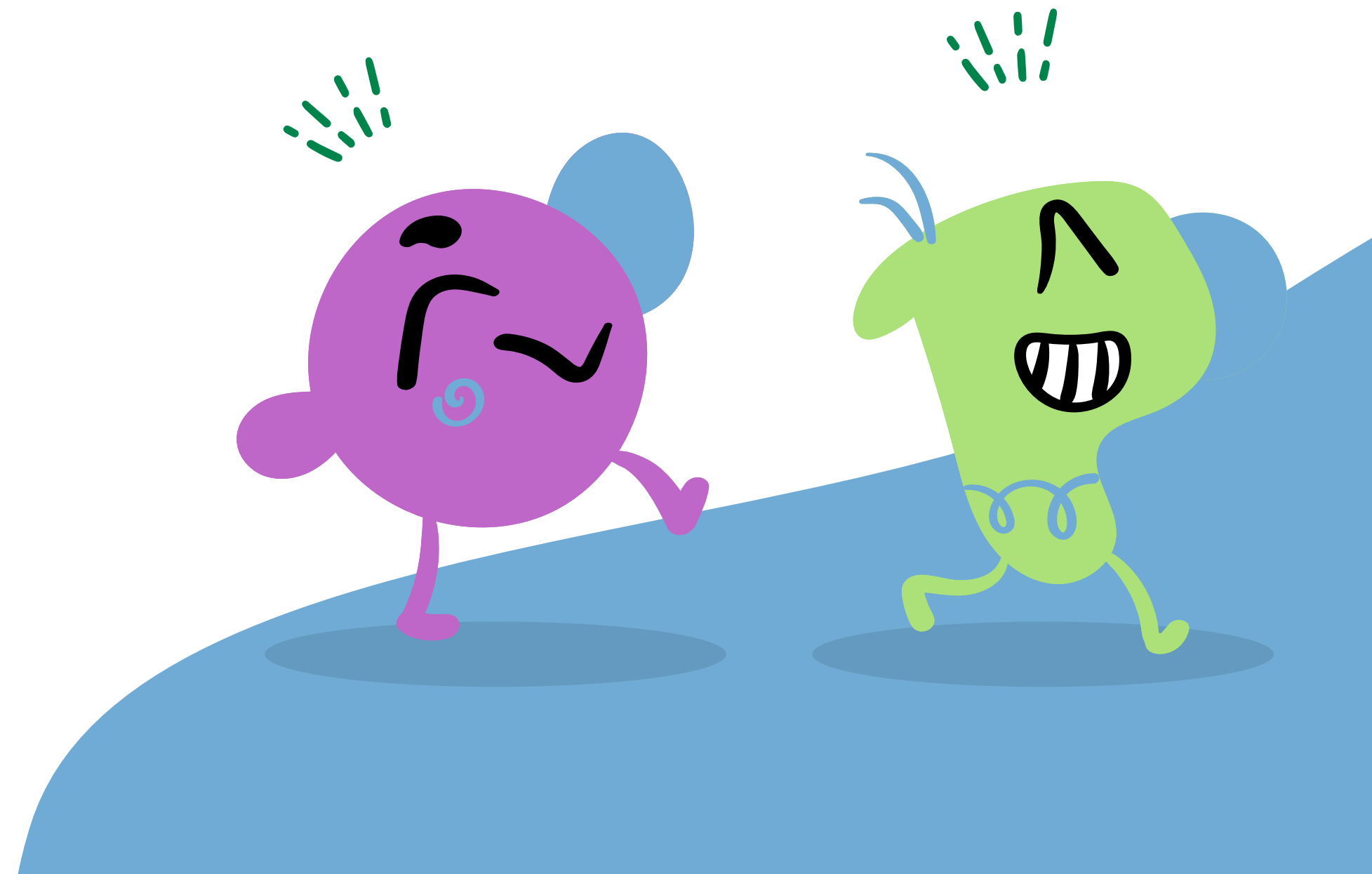
Hope everyone's doing great.



What is the mindtalk programme?

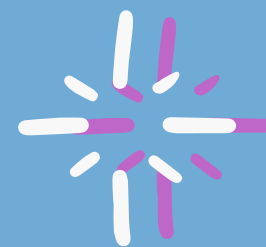
The purpose of mindtalk is to break down the stigma of mental illness and to usualise conversations about our mental health in every day dialogue. Each session has a specific focus with some helpful talking points to help kickstart conversations.

Teachers: read this [blog post](#) for more details on the delivery of these sessions.



Before we start, this is a safe space:

The mindtalk programme is all about giving you and your peers opportunities to discuss mental health topics. We all have mental health, just as we encourage you to be aware of physical health, we should do the same for our mental health.



Oh, The Places You'll Go

“You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go...”

— Dr. Seuss, Oh, The Places You'll Go!



Big Question

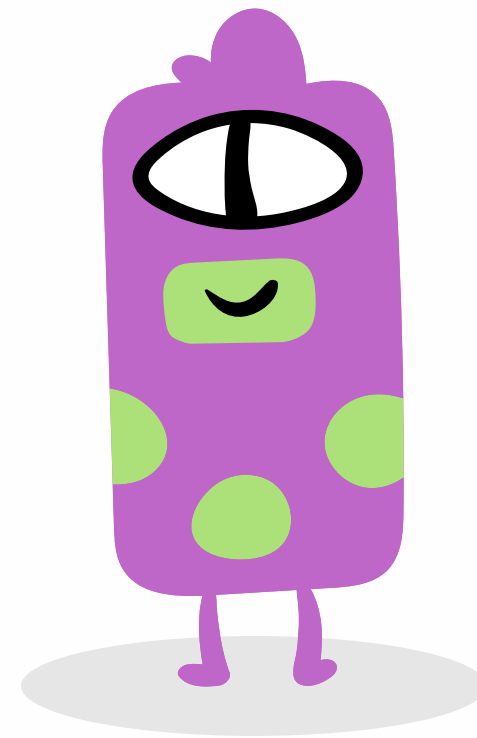
Why is CONFIDENCE and SELF-ESTEEM so closely linked with mental health?



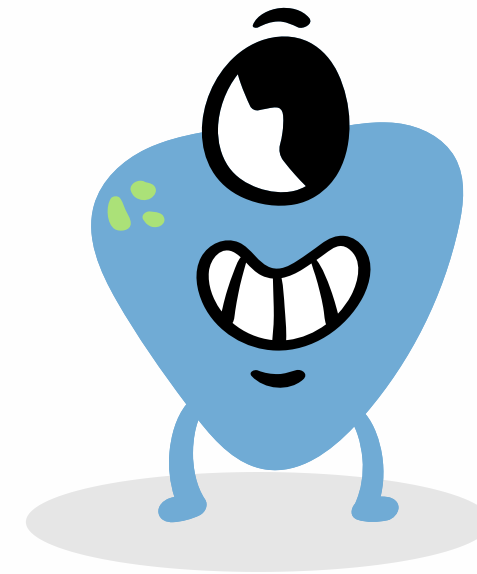
Talking points



What makes you feel confident?

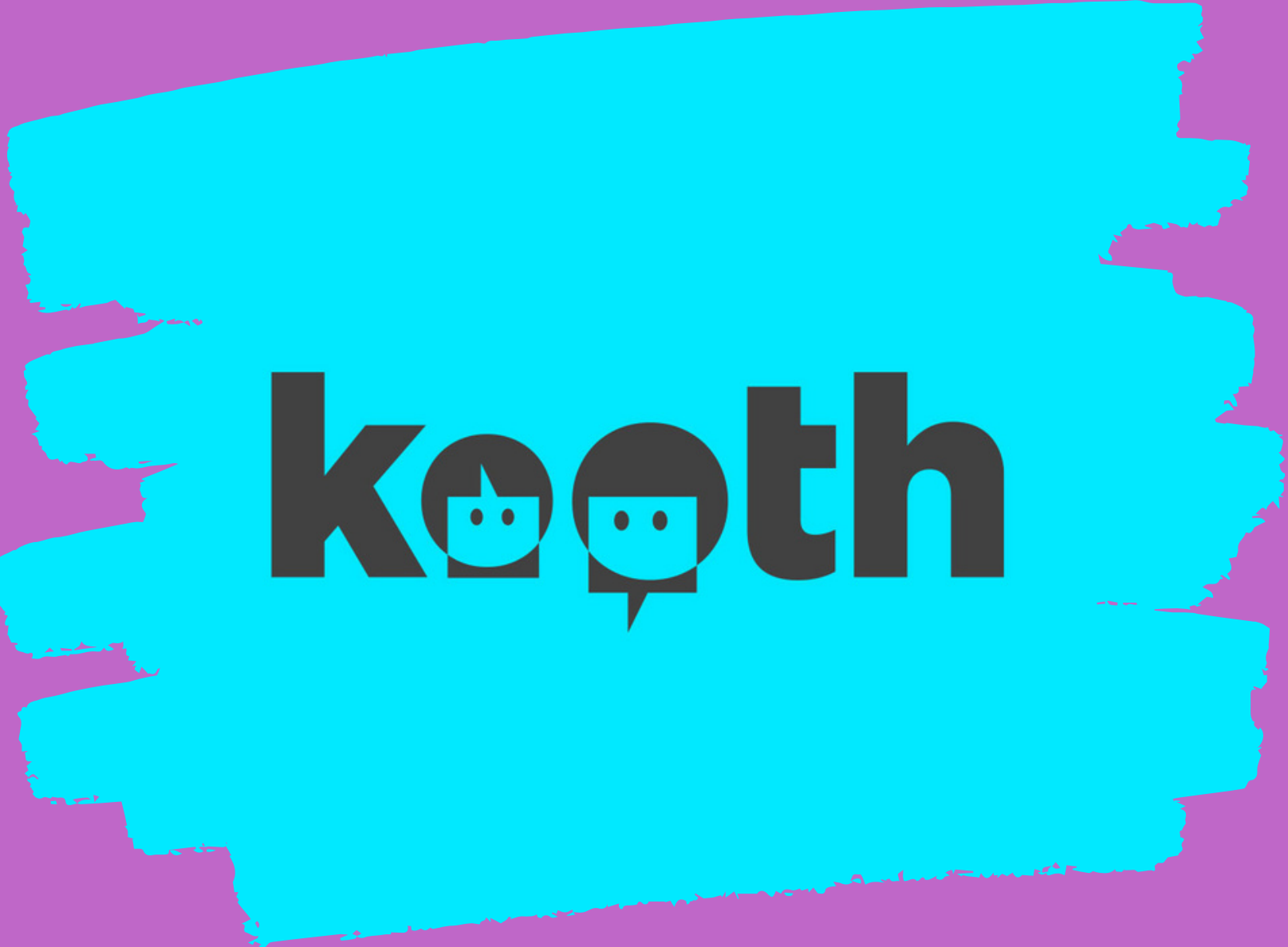
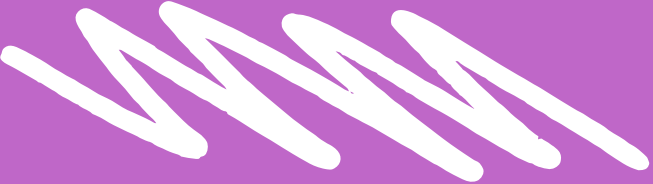


What can others do to boost self-esteem?



When working with others, how can you tell when people are confident or insecure?





kooth

[kooth.com](https://www.kooth.com) provides free online advice for young people – click on the image to watch a video

Where do we go from here?

Always putting yourself down? Or feel like you have no confidence anymore? You're not alone - lots of people feel like this sometimes. But there are loads of ways to boost your confidence and self-esteem.

5 things you can try:

1. Walk with your head held high
2. Wear a bright colour
3. Do something new
4. Eat healthy food
5. Do exercise

REMEMBER

It's okay not to be okay
Help is always there
If you would like to speak to somebody in
confidence - call Childline on 0800 1111



In school support:

When you are in school, you can go to your form tutor/head of year if you need extra support, or even if you just need to talk.

