

A Confidence and Self-Esteem Self-Help Workbook for Young People in Secondary School



Emotional Wellbeing
Service

Cardiff and the Vale



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Adapted by the Cardiff and Vale University Health Board Resilience Project, from the guided workbook by the Emotional Wellbeing Service (Change Grow Live).

Everybody at some point has moments of doubt about their own abilities, appearance, skills or the type of person they are. If you often feel unhappy with yourself or your achievements, or that you are not good enough, this may mean that you are experiencing lower levels of confidence and self-esteem, and may benefit from this workbook.

This self-help workbook explains what confidence and self-esteem is and what impacts it. But mainly, it gives practical advice and activities that can help boost you up! You can either complete this on your own or alongside an adult you trust so they are able to offer support.

It is helpful to work through this workbook slowly, completing small bits at a time. Everyone is different and will work through this booklet at a different pace, but setting aside an hour a week to begin with might be a good place to start. Make sure you give yourself a few days where you can practice the skills you learn. Feel free to go back to an early section or repeat it. There is no right or wrong way, just whatever works best for you!

Sometimes it can be overwhelming to think about these things, and we should always look after ourselves first. **Notice** when you are feeling overwhelmed, **take a break** and have a go at using coping skills (like the one on page 3). When you're feeling ready to tackle the booklet and **carry on**, go for it! There are lots of opportunities to practice different coping skills throughout the workbook, some will work for you, others won't.

Just find the ones that are right for you.

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Progressive muscle relaxation

When we feel overwhelmed or stressed we tend to tense our muscles, often without even noticing. In order to return to calm we might need to purposefully relax our muscles.

One very effective way of doing this is to work through each muscle group in your body clenching those muscles as much as you can for 10-20 seconds and then completely releasing them for 10-20 seconds.

Forehead:

Scrunch up your forehead like you are thinking hard, squeeze it together. Now relax (hold for 10 sec)

Eyes:

Squeeze your eyes tight like you are about to blow out the candles on a cake & make a wish! No peaking (10 sec)

Cheeks:

Puff your cheeks out as far as you can. Make them bigger, like you have a mouth full of food, Now relax (hold for 10 sec)

Mouth:

I want you to pretend you are chewing a big piece of gum. It's really hard to chew, keep chewing it (10 sec)

Shoulders:

I want you to try and touch your shoulder blades together! Squeeze tight, you're almost there. Now relax (10 sec)

Arms:

I want you to make your arms straight and stiff as possible, like your frozen. Now relax (10 sec)

Lower Back:

Sit up supper straight and try to be as tall as possible, taller, taller, and relax (10 sec)

Legs:

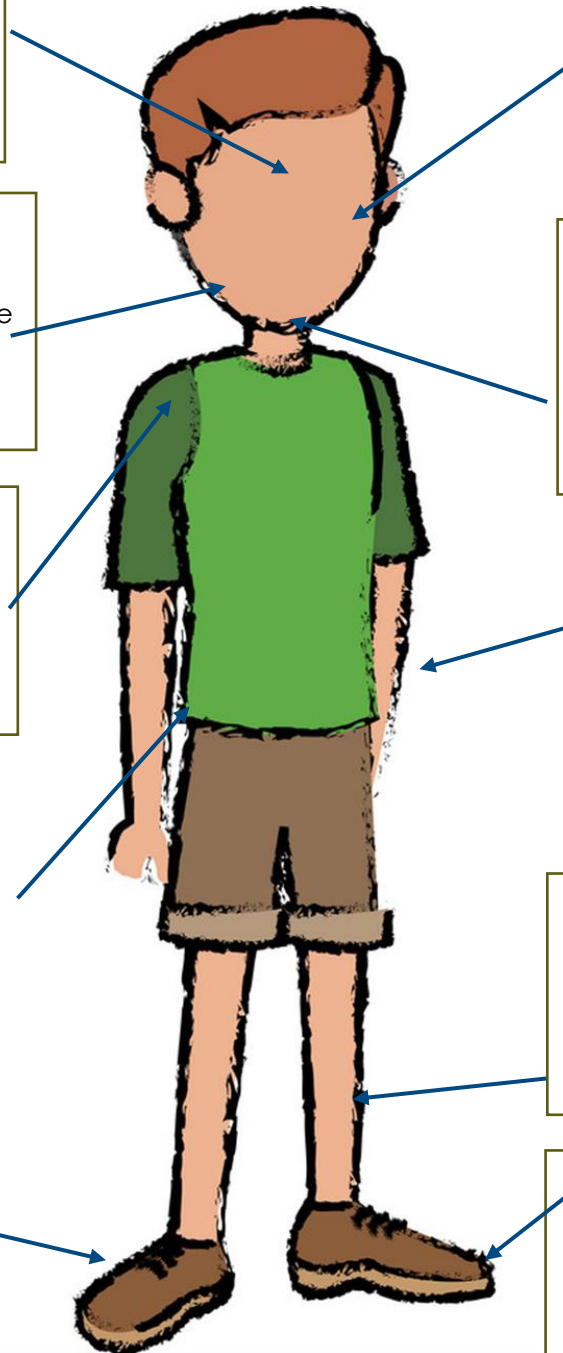
I want you to make your legs as straight as you can. Pretend you are frozen again. Then Relax (10 sec)

Feet:

I want you to press your feet into the ground as hard as you can, push, push and relax (10 sec)

Toes:

Pretend you are at the beach, squish your toes in the sand, and relax (10 sec)



Confident people

Think about the people you believe to be confident. They might be a celebrity on TV or social media, someone in a band. Or a sports person, actor or singer. It may even be a friend or family member.

Ask yourself, what is about them that makes them appear confident? What makes them stand out to you? Write your ideas in the box at the bottom of the page.

Hint: Is it about the way they talk or communicate, the way they stand, or walk, what they wear or do?



Here is an example about the singer Lizzo...

E.g. I think the singer Lizzo is confident because she often talks about body positivity, even when people criticise her. She stands up to body shamers and stands with her shoulder back when performing on stage, and wears whatever she likes!



Your Turn!

Confidence is...

...The feeling of trust we have in our own judgements, qualities, and abilities.

Confidence means having belief in yourself that you can meet life's challenges, and then acting in a way which communicates that belief.



Confidence can vary depending on what situation you are in or what activity you are taking part in. For example, you might feel confident and outgoing when playing a sport you know well but less so when having to give a class presentation.

Confidence is usually related to our abilities and is often gained as a result of overcoming an obstacle or working to improve a skill. So the more we do something and the better we become, the more our confidence grows.

Confidence is not about feeling or being better than others, it is a quiet inner knowledge that you are able

Self-confidence helps us to feel ready to get involved in life's experiences and successfully handle challenges and setbacks. When we feel confident, we are more likely to get involved with opportunities and make connections with others instead of giving up and backing away from them.

If we make a mistake, or something does not go our way, confidence helps us get back up and try again.

To be confident, we need to have a realistic sense of what we are capable of and be OK with that.

The good news is that confidence is not fixed.

By taking some small steps, it can be improved over time.



Self-esteem is...

Our overall sense of self-worth or personal value.

Self-esteem refers to value that we place on ourselves as a person. This value is influenced by the beliefs and opinions that we hold about who we are.

These can include beliefs about all aspects of who we are including appearance, personality, emotions, and behaviours.

If someone has healthy self-esteem these beliefs will generally be positive. Negative beliefs can lead to low self-esteem, impacting lots of different aspects of our lives.

Put a tick next to the statements below which seem true for you. Which side did you get the most ticks? This may show whether you might have low or healthy self-esteem.

**What matters most is how
we see ourselves**



People with low self-esteem may:

- ☐ Be self-critical, put themselves down or blame themselves for any difficulties experienced.
- ☐ Avoid opportunities in school, work or society due to beliefs that they cannot do it, may fail, or will be judged negatively by others.
- ☐ Be shy and withdrawn, avoid contact with others, try too hard to please or be aggressive when faced with criticism or disapproval.
- ☐ Feel strong negative emotions, low mood, anger, guilt, shame, frustration, or anxiety.
- ☐ Ignore positive qualities and focus on perceived negatives, including what they did wrong or mistakes they made.

People with healthy self-esteem often:

- ☐ Are able to see their positives and recognise their strengths.
- ☐ Feel good about themselves, treat themselves with respect and feel they deserve the respect of others.
- ☐ Feel confident in being able to express their beliefs, interests and ideas and make their own decisions.
- ☐ Embrace opportunities in school, work or society and reach their potential.
- ☐ Feel strong positive emotions,
- ☐ React positively to criticism and not take it personally.
- ☐ Use mistakes or failures as opportunities to grow and do better next time.

How self-esteem develops

Our sense of self begins to develop in early childhood. Experiences of family, peers, school, teachers, local community as well as genetics and personality traits influence our thoughts and feelings about a variety of things, including how we see ourselves.

All of us will experience both negativity and positivity throughout our lives, Here are some examples:



Negative early life experiences or difficult life events

Difficult experiences during childhood such as abuse, neglect, bullying or difficulties at school can lead us doubting our abilities and self-worth.

Family relationships, parenting styles

The way we are treated by our families can seriously influence how positively or negatively we see ourselves. Sometimes parents can be overly critical, or focus on our weaknesses, or compare us to siblings and other children. This can make us feel not good enough. Other times, parents might be really supportive, encouraging and celebrate our successes, which makes us feel good.



Peers and friends

For many, especially children and adolescents, peers and friendship groups play a very important role in our lives. Being treated negatively by others, bullying or feeling like we do not fit in may leave us doubting things about ourselves. However, having friends that are supportive and caring can build up our confidence and make us feel like we can tackle anything together!



Social media can often make us compare ourselves to others in an unhelpful way. But also, when used safely social media can provide a way to connect and create community when in-person contact is not possible.

Teachers' voices often stick with us and impact on our opinions of our abilities. You may have experienced negative comments or criticism like you are "naughty" or left you feeling rubbish at certain subjects. On the other hand, you may have experienced really positive comments that have stuck with you, making you feel really good at subjects.

The **good news** is that although we cannot change past experiences, **we can change** the way that we see ourselves and develop ways to **feel more positive** about who we are.



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Our values: What matters to me

Another important factor that influences the way we feel about ourselves is our own personal set of **values**.

These are the things in our lives we believe to be important. Our personal values help us define who we are as a person, know what we stand for and recognise our priorities.



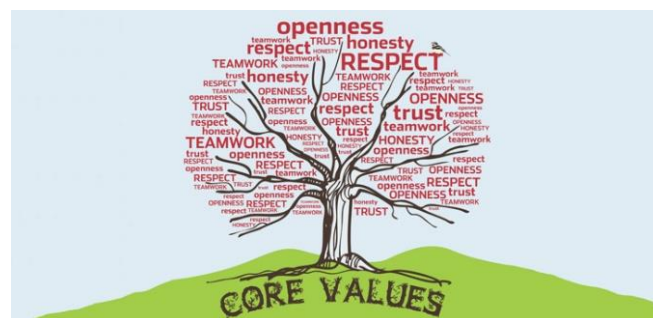
As mentioned on page 4, confidence is about knowing who you are and being comfortable with that. The values we hold help us make decisions based on what we feel is important and helps give us confidence that the judgements we make are right for us.

People with high confidence and self-esteem know who they are and what matters to them and are not afraid to stand up for the things they believe in.

As we grow, we learn from the world around us. As children, we often share or take on the values of those we grow up with - such as parents or carers.

As we become more independent, we begin to develop a stronger sense of who we are and who we want to be. Our values may begin to alter as our experiences broaden and our social connections shift from mainly family, to peers and friends.

We can often be subject to social pressures; some help and support, others may lead us to think or behave in ways which are unhelpful. Having clearly defined values can help us seek out people who feel similar and who are a positive influence, as well as helping us to leave behind the ideals, individuals or groups who may affect us negatively.



Values Activity

1. Look at the list below. Put a mark next to **10** of those that you feel are **important** in your life.

Love	Religion	Friends
Spirituality	Family	Decisiveness
Honesty	Kindness	Safety
Freedom	Community	Challenges
Courage	Money	Harmony
Honesty	Independence	Respect
Trust	Empathy	Integrity
Peace	Excellence	Creativity
Responsibility	Leadership	Influence
Learning	Security	Career
Discipline	Loyalty	Competence
Fulfilment	Tradition	Stability
Empowerment	Fun	Fairness
Cooperation	Health	Recognition
Flexibility	Work	Compassion
Genuineness	Happiness	Justice
Enjoyment	Change	Enjoyment
Equality	Diversity	Growth
Unity	Reputation	Adventure
Gratitude	Morals	Success

2. From your 10 important things, circle **5** that are the **most important** to you now
3. In the box below, order those 5 values starting with the most important.

- 1)
- 2)
- 3)
- 4)
- 5)

4. Now use the table below to consider **why** you chose the ones you did. Have a look over pages 6 and 7 again to get you thinking. Two examples have been given for you.



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Value	Reason
E.g. Tradition	<i>My parents made sure that on Sundays we always sat around the table for a roast dinner as a family.</i>
E.g. Trust	<i>I remember how upset I was when my friend told a secret of mine. Now I think it's really important that I trust my friends.</i>
1.	
2.	
3.	
4.	
5.	

Importance of living by our values

When the things we do and how we behave is in line with our values, life can be good and we often feel satisfied, content and at peace with ourselves.

But when these do not match up, we can be faced with internal conflict which can negatively impact our wellbeing and sense of self.

For Example, if one of our top values is our family, but we avoid spending quality time with them, or behave badly towards them, is this going to make us feel good?

Values: Top tips

- Know your values. They keep us grounded and give us a sense of self
- Reassess them regularly. Values can change over time as we grow and gain life experience. Often our behaviours can let us know if something has changed.
- Base your decisions and behaviours on how well they complement your values.
- Prioritise what is important to you
- Keep a journal of things you do, say or achieve and ask yourself 'what values does this show?'
- Try to stay true to yourself and remember your values – especially when you're on social media

It may be helpful to think about what you can do to try and live more in line with your top values. For example, if friendship is your most important value, what might 'being a good friend' look like to you? Maybe it's being there for them through good and bad times? Maybe it's asking them if they want to hang out?

In the table, list your top 5 values from page 8, and have a go at writing some things you can do to try and live by them more consistently:

Valuing the Best in You journal

Your Values	What things could you do to try and live by this?
E.g. Kindness	<ul style="list-style-type: none"> • Send a 'thinking of you' card to a friend going through a difficult time • Offer to help my mum with chores around the house
1.	
2.	
3.	
4.	
5.	

Try and give some of these a go over the next week and then come back to the booklet and reflect on your experiences. Just try one or two for now, you don't need to do all of them at once – this is about building habits to help you live a happy life.

Valuing the Best in You journal reflection

By now, you should have had the chance to try out some of your ideas on the previous page.

It might be helpful to think about the impact of doing things to purposefully try to live by your values. Use the space below to record how it made you feel. 1 = it made me feel rubbish, 10 = it made me feel really good about myself. If you are not sure, maybe keep this exercise for the next time you act in your values and think about it then.

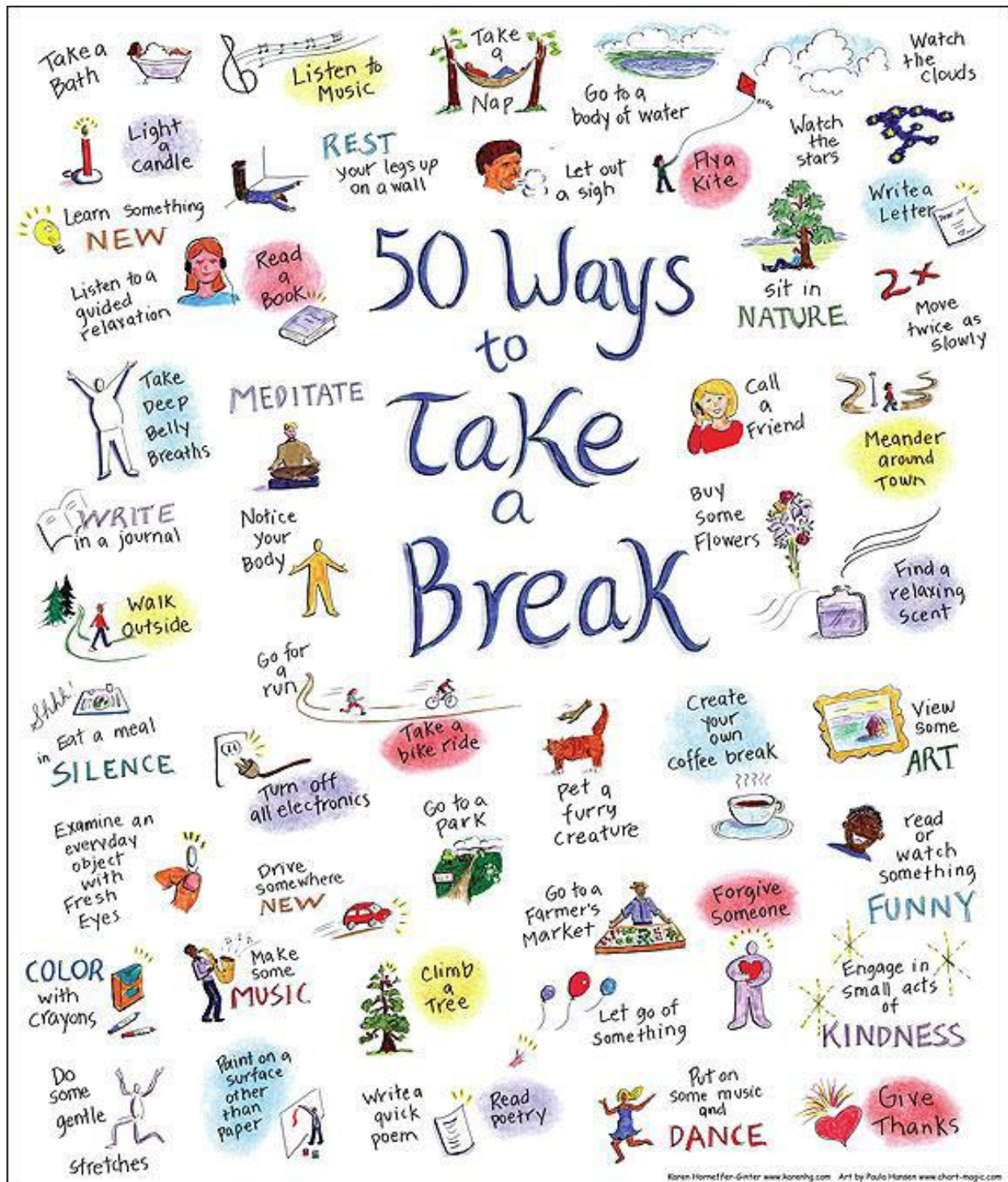
Value	What I did	How it made me feel 1-10

Remember, you can always come back to this values section, to remind yourself of the things that are most important to you.

50 Ways to take a break

Some of the things we do, may not always go to plan and can bring on some strong feelings. Strong negative emotions can feel uncomfortable and be difficult to deal with. Focusing on these emotions can make it worse and feel out of control. Distraction techniques can be useful in helping take our attention away from these emotions temporarily to help make them easier to manage. All of us will experience moments where we don't feel good or feel negative, so having a list of activities we can do to distract ourselves is helpful for everyone.

Take a look at the suggestions on the next page or choose your own. Give some of them a go over the next week, and use the table on page 14 to write how they went!



Think of a word for what you are feeling (frustrated, embarrassed, low) and then record the **strength** of your feeling. 1 being the least strength (so maybe feeling calm and relaxed, proud), 10 being the most (for example the most anxious, furious, or miserable you've ever felt). Then do the activity from the list above. Then write the strength of feelings after. An example has been given for you.

Name of feeling	Strength of feeling before activity	Activity	Strength of feeling after activity
E.g. Went for a bike ride	6/10	Take a bike ride	4/10

Next up...

...we are going to consider some things that contribute to maintaining low self-esteem and introduce ways to help improve it by making small changes to how we think, feel and behave.

The vicious cycle: How low self-esteem is maintained

As we looked at on page 7, although our self-esteem develops early on, there are lots of situations that happen throughout our lives that test our beliefs. Such experiences or challenges, may lead us to **think**, **feel** and **behave** in ways that reinforce our negative views and help to **maintain** our low self-esteem. One way to consider this is **the vicious cycle**.

Imagine that as a child, someone made a joke that you couldn't sing. Later, at school, you get asked to sing during a music lesson. You may have that voice in your head telling you can't, that people will laugh.

It's hard to try your best if you don't believe you have what it takes! You begin to feel worried, start to feel sick with nerves and may end up running out of the room.

Low self-esteem can negatively affect our thoughts, making us think we can't do something, will fail, or that we can't cope. Leading to feelings of anxiousness, worry or even frustration. These are often accompanied by unpleasant physical sensations which reinforce what we are feeling. This fear of failure begins to affect our behaviour, so we may say no to activities that we are unsure of or avoid people or places in order to minimise or avoid the negative feelings we are having.

On the next page is an example of how our low self-esteem or confidence can lead to us getting caught in a vicious cycle.



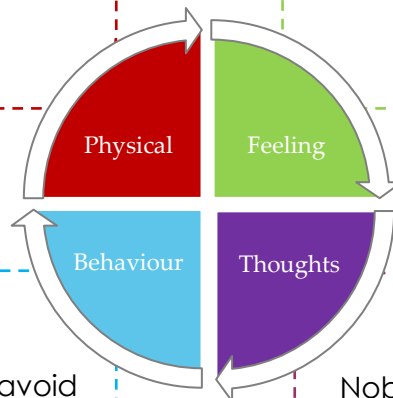
It's your first day at a new school....

My body:

Shaky
Sweaty
Heart pounding
Breathing changes
Butterflies

My feelings/emotions:

Anxious
Worried
Frustrated at self
Angry with others for making me go in



My behaviours:

Sit on my own in a corner, avoid interacting with others.
Don't speak to anyone, avoid making eye contact.
Call parent to pick me up.

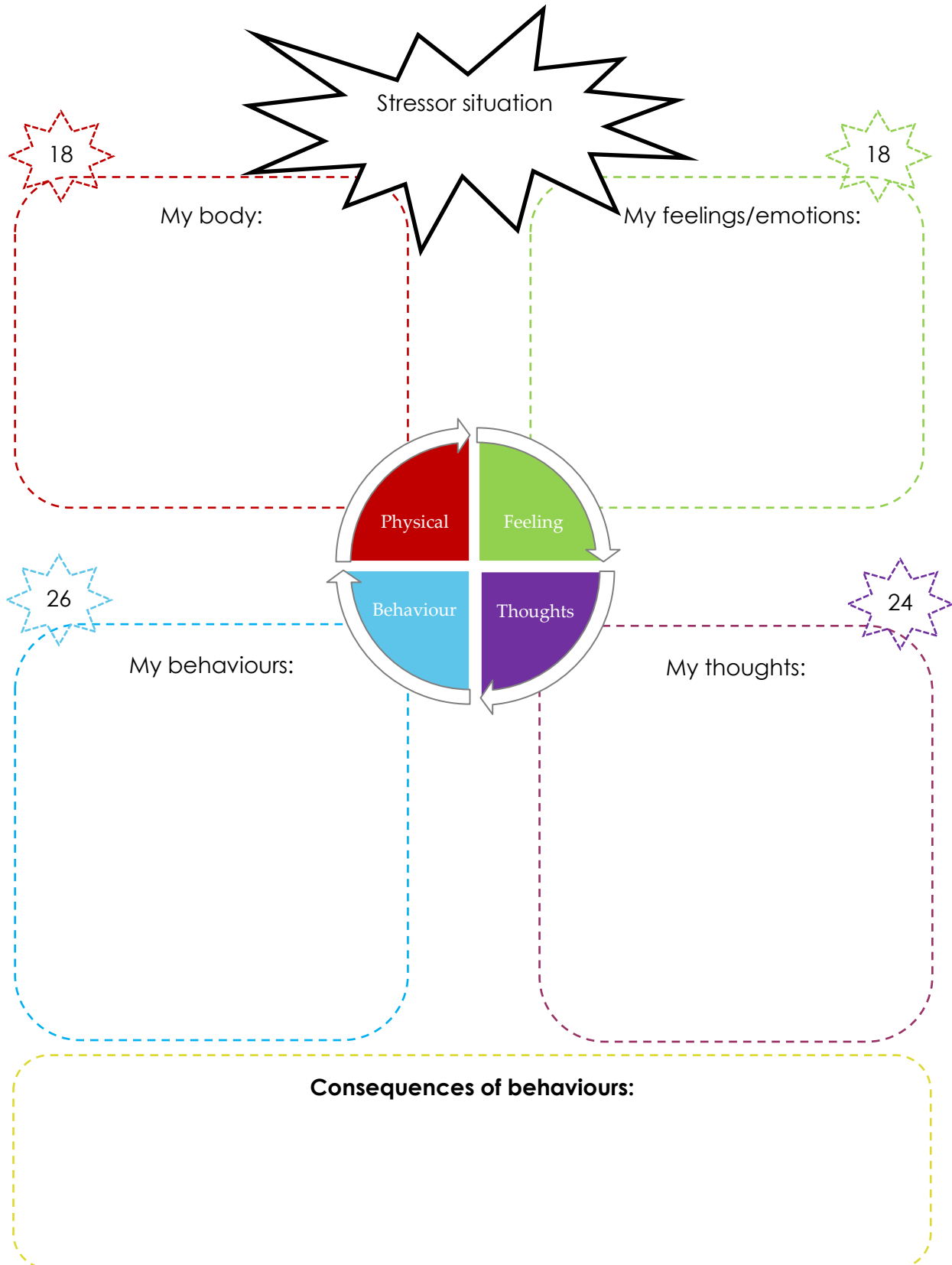
My thoughts:

Nobody will want to talk to me.
I'm no good at making friends.
People will think I'm weird.
I can't do this.

Consequences of behaviours:

You may not make any new friends because you avoided others and left before they had a chance to approach you. This **reinforces** your views that you are no good at making friends and nobody wants to talk to you causing your confidence to drop more.

Activity: Consider a scenario which may test your confidence (this is the 'stressor situation'). Note down how you may be feeling; physically and emotionally, what you are thinking and how you behave. Give some thought to the consequences of your cycle too. Don't worry if you're not too sure of what to put. The next few pages break down the sections; follow the page numbers in the stars to find out more.



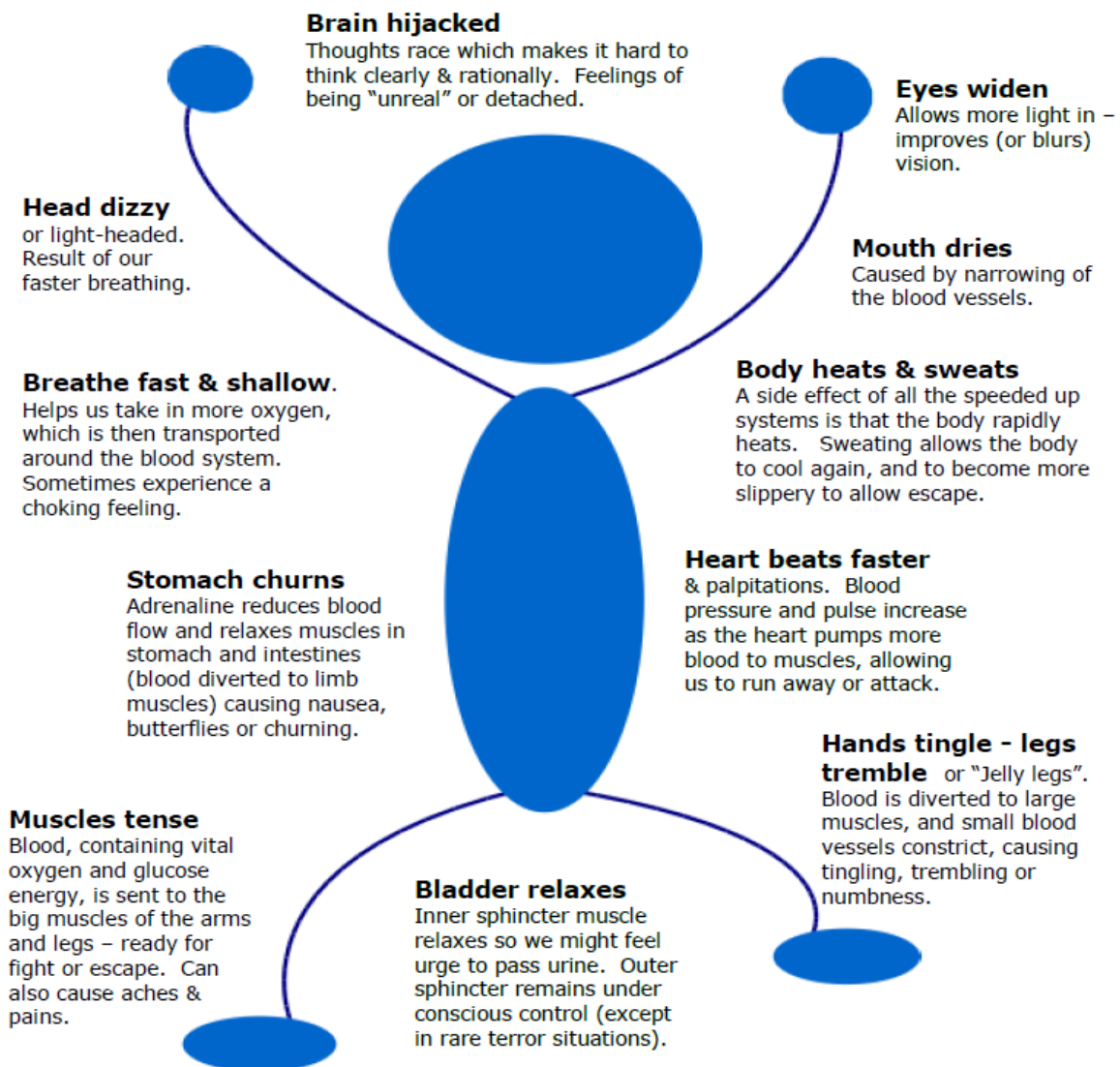
Physical and emotional feelings

When we experience uncomfortable emotions, they are often accompanied with unpleasant physical changes we notice in our bodies.

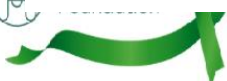
These emotions and feelings are totally **normal**, it is how your brain and body respond to things we perceive as a threat. This could be a situation which tests our confidence, such as trying something new for the first time, or having to speak in front of others, or it could be a result of our negative thoughts in response to just *thinking* about something we have to do. It's what we call **fight, flight or freeze**.



Circle the ways your body responds when in situations that tests your confidence:



After the adrenaline has died down, we can feel exhausted, shaky and weak.



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These body sensations can be overwhelming so it helps to have some coping skills to help you manage these uncomfortable feelings.

We have already looked at Progressive Muscle Relaxation (page 3) and distraction (page 13). Take a few minutes to practise the **grounding techniques** and **breathing exercises** on the next two pages. These will help you with any unpleasant physical feelings that you may experience.

Grounding

When we are anxious, our thoughts are often racing into the future, or stuck on repeat of past events, which can make us feel like we are in danger right now. We can also become very emotionally overwhelmed and feel out of control, which can feel quite scary. Grounding can help us stay in the reality of the present moment, acting to take back control of how you are feeling and remind the brain that you are safe.

1. **Using strong smells or strong tastes** can help to 'snap out of' memories or imagined situations that are distressing.

Try to make a list of strong smells or tastes you have quick and easy access to.

For example: *the smell of coffee, the taste of a sour sweet or a strong mint*

Smells and tastes I like:

2. A photograph can help remind us what we have. **Focussing on a photo of a favourite place or people you love and who love you**, can help to ground you.

For example: *a photo of me and my class on our last day of school*



A photograph I like to look at:

3. **Planking**. We know it sounds crazy, but using your muscles and having to focus physical energy on something in the present moment, can a very effective grounding technique. You could also use a wall sit, or push ups.



An exercise I like: _____



4. The 5,4,3,2,1 grounding exercise below can be done anywhere and is really easy to remember. Some people find it helpful to write it down. Why not try this by filling in the spaces below. You could write words or draw pictures.



5 things you can see



4 things you can hear



3 things you can touch



2 things you can smell



1 thing you can taste

Breathing exercises

When fight or flight kicks in, our breathing speeds up, so to return to calm, we need to slow our breathing down. Here are some breathing exercises to try. It helps to practice them first, while you're already calm. First read them slowly a couple of times, and then have a go at practicing.

5 finger breathing

(Read through first, and then have a go at it yourself)



Stretch out one hand so you have space between your fingers.

Point your index finger from the other hand at the bottom of your thumb.

Use your index finger to trace up your thumb as you slowly breathe in through your mouth.

When you get to the top of your thumb, slowly breathe out your nose as you trace down the other side.

Repeat for all fingers until you have traced your whole hand.

Your go! How did you find that?

Square breathing

See if you can find something square to trace your fingers around (like a book). If not picture a square in your mind and trace your fingers in the air as if the square was in front of you.

Start at the bottom left of the square

Breathe in for four counts as you trace the first side of the square

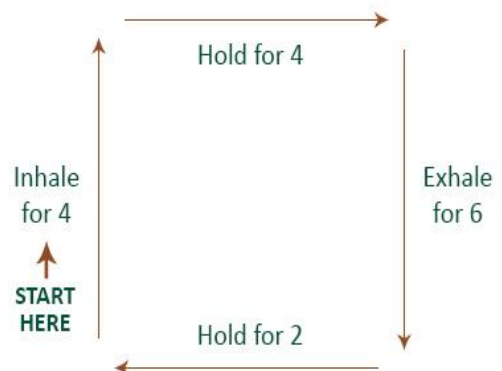
Hold your breath for four counts as you trace the second side of the square

Breathe out for six counts as you trace the third side of the square

Hold your breath for two counts as you trace the final side of the square

You just completed one deep breath!

Repeat the square breathing 3 times. Do you notice anything different?



Belly breathing

Once you've got the counting for square breathing, then focus on making each breath really deep.



Put your hands near the top of your stomach, just at the bottom of your rib cage where your diaphragm is and concentrate on making your belly expand as you breathe in, then as you breathe out relax to normal again. For each breath focus on this movement until you are naturally breathing slower and deeper.

Some people find it helpful to imagine you have a balloon in your belly that is inflating as you breathe in, and deflating as you breathe out.

Tiptoe breathing



If you find it hard to be still and breathe, you can use the same counts for square breathing, but add some movement.

When you breathe in, slowly move up to be on your tiptoes. Hold still on tiptoes and then return your heels to the floor as you breathe out.

For some more ideas on how to relax and calm yourself, check out Childline's calm zone.
<https://www.childline.org.uk/toolbox/calm-zone/>



Many people find it helpful to put time aside each day to practice grounding and breathing techniques. Try to practice one grounding or breathing exercise each day for the next week. You can use the table on the next page to plan and track your progress. Think about how you are feeling on a scale of 1-10. 1 would be the most calm, or relaxed. 10 would be strong emotions such as anxiety, anger, sadness.

Day	Feelings before (scale of 1-10)	Activity	Feelings after (scale of 1-10)
Example: 1 - Monday	8/10	5,4,3,2,1 Breathing	6/10

What was your favourite breathing technique?

Which technique was the most helpful?

Thoughts

Consider the vicious cycle examples on page 16-17. What kind of thoughts do you notice?

Often when our self-esteem is low, we can be self-critical, put ourselves down and talk ourselves out of being able to achieve things.

We may predict a situation will not go well, or that our efforts will be pointless.

We sometimes convince ourselves that others are thinking negatively about us and they will judge us badly.

The way that we interpret events and situations and the unhelpful rules we live by keeps the vicious cycle spinning. We tend to ignore the good things that have happened, or what we did well and focus instead on times we made mistakes. We downplay our successes and only listen to the beliefs that back up our low self-opinions.



If someone asks us to take part in something, we remember a time we may have done badly in it before.

If we get a good grade, we tell ourselves off for not getting the best grade.

Our negative thoughts are not facts. Just because we think them does not mean they are true. We don't have to listen to them.

Hold realistic beliefs. We may be great at sports, but not so good at maths. We need to recognise our strengths as well as our weaknesses and accept **we might not be excellent at everything – and that's OK!**

Be aware of thoughts of comparing to others. Everyone has different abilities and **comparing often only leads to disappointment.**

Don't take things personally. For example there may be people in life you don't get on with. This doesn't have to reflect badly on who you are. Don't waste energy thinking about why; put your efforts into building a relationship with those you do get on with.

Positive self-talk

We often beat ourselves up or think the worst about our abilities. One way we can help change this is to replace our negative script with some **positive self-talk**.

Activity: Take a minute to think about your positive qualities.

This can be personality traits, talents, anything you feel OK at, achievements, anything – as long as it is positive. If you get stuck, highlight the examples below that apply to you, or ask a friend or parent to help you.

I am kind

I can cheer
up my friends

I am
friendly

I am
honest

I am
loyal

I am fun

I am a
good
listener

I am good
at sports

I can play an
instrument

I am able
to stay
calm

I am helpful

I can talk to
new people

I am good at
_____ (subject
in school)

I work hard

I am able to
speak in front
of the class

I can

I am

Saying **positive statements** to ourselves is an important part of **challenging unhelpful thoughts**. They can **encourage us** to keep going through difficult times and give us that **extra push** when looking for courage.

Here are some examples of positive statements you can say to yourself, to counteract those negative thoughts that creep into your head.

"Stop, and breathe, I can do this"

"This will pass"

"I have done this before, and I can do it again"

"These are just feelings, they will go away"

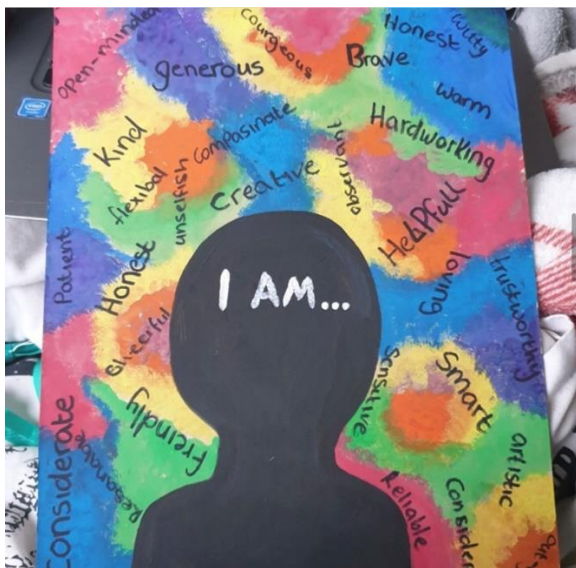
"This won't last forever"

"I can use my coping skills and get through this"

CREATIVE ACTIVITY!

Why not take a break from the workbook to have a go at being creative and making some art using positive statements. You can do this by hand or something digital like an Instagram post if you prefer! Websites like <https://www.canva.com/> are a good way to do this.

Here are some examples:



Take a little break here, before we move onto behaviour.

Behaviour

When we feel less confident and doubt our abilities, we tend to shy away from opportunities or avoid others for fear of judgement. One way to appear more confident straight away is to...

Fake it till you make it!

Here are 10 tips to help you appear confident straight away.

CONFIDENCE TIPS & TRICKS

Make eye contact



Take note of your posture: Stand tall with your shoulders back, try not to slouch or hunch over



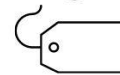
Speak louder and clearer

Don't fidget; these are giveaways for nervousness

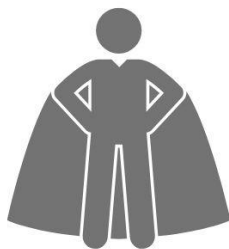


Take care of yourself; eat well, do some exercise and make sure you get enough sleep

Got an event or a class presentation? Dress in clothes that make you feel good



Challenge your negative self-talk and replace it with more positive statements



Hold a power pose for 30 seconds



Use your coping skills to help you relax and get through tough situations

Use these 10 tricks to get you feeling and looking more confident straight away.

Low self-esteem often causes us to avoid situations where we fear we won't do well or may be judged by others. This avoidance may seem logical to help stop the negative feelings we have, but it doesn't give us the opportunity to test our beliefs and discover we may not be as bad as we think, or that people may be kinder than we first thought. In the next few pages we are going to look at ways we can change our behaviour to help us get more confident.

Identifying your interests

We can build confidence and self-esteem just like any other skills. One simple way to do this is by recognising the things we are already doing and working to get better at them, or by trying something new!

On the chart below, put a

✓ **by the things you already do which you enjoy,**

X **by the things you used to do but have stopped**

0 **by the things you'd like to try**

The rest you can leave blank.

Health and Fitness		
Aerobics / Gym	Swimming	Other fitness:
Cycling	Yoga / Tai Chi	
Running / Jogging	Skateboarding	

Sports		
Athletics	Darts	Spectator Sports
Basketball / Netball	Football / Rugby / Hockey	Table Tennis
Bowling	Golf	Other sport:
Cricket / Baseball / Rounders	Martial Arts / Boxing / Fencing	
Pool/snooker	Tennis / Squash / Badminton	

Creative		
Crafts / Needlework	Making music – including instruments, DJing	Woodworking
Fashion: Clothes / Hair / make up	Model Building	Video making e.g. YouTube
Singing	Painting / Drawing (Art)	Other creative:
Writing: letters / poems / stories	Photography	

Productivity at home		
Car Repair	Gardening – including Indoor Plants	Pet ownership
Cooking / Baking	Mending / DIY	Other household:

Social		
Clubs: Social/Nightclubs	Voluntary work	Other social:
Eating out	Inviting /visiting friends / family	Youth club
Faith-related activities	Social media	

Leisure at Home		
Board games – chess, scrabble etc.	Collecting e.g football stickers	Listening to music
Online gaming	Playing cards	Puzzles / Crosswords
Reading	Watching TV / streaming channels	Films
Other leisure at home:		

Outdoor Pursuits		
Bird watching / Wildlife	Camping	Climbing
Fishing	Horse riding	Walking
Water Sports incl. canoeing / rowing	Other outdoor:	

Out and About		
Cinema	Concerts / Theatres	Dancing
Museums / Art Galleries	Going to town	Places of Interest / Day trips
Shopping (incl. Markets)	Travel / Holidays	'Hanging out' ie. at the park
Other out and about:		

Educational		
Politics	Courses	History
Philosophy	Science	Other educational:

Confidence activity: Trying new things

Now look through the list and shortlist your top 3 activities that you'd either like to do more of, you'd like to start doing again, or you've never tried before but would like to. Some may be daily activities like practising an instrument, some might be things you do once a week like volunteering. Think about how often you could actually do these things.

- 1.
- 2.
- 3.

Now, pick **one** of these you'd really like to focus on. Write down your goal and make a plan to start doing this activity. Be specific, write down how, when and where you will do this and what you will need.

Example

I used to play badminton but stopped playing it. I'd like to start again.

To make sure I do this, I will speak to my brother and ask if he wants to play again, save my pocket money and book a court for next week at the leisure centre. I will need to remember the rackets & shuttlecocks. I may need to ask my parents for a lift.

(You may need a trusted adult to help you with this part!)

Interest/Activity:

How?

When?

Where?

What will I need?

SMART goals

Now that you have had a good think about what you want to try, SMART goals are a great way of taking that first step, so you have the greatest chance of success. If you are unable to answer any of the SMART questions, go back to your plan and add more detail.

You might find that your initial goal is not in your power or realistic in the time frame, so you need to add in another SMART goal first to get you ready, that's not a problem – starting small and building up steadily is a recipe for success!



Here is an example for you:

S - I will play badminton every Monday at 4pm with my brother

M – We will have booked the badminton court and gone every week

A – Yes, as long as my brother encourages me

R – Yes, if I save my pocket money and put it in our phone calendars

T – Every Monday at 4pm for the next month

Your turn:

S -

M –

A –

R –

T –

Come back to the workbook in a week or two to reflect on how far you got and if you need to tweak the same goal to make it more SMART, or perhaps set a new goal for yourself.

What part of your goal did you complete?

What were your barriers?

How might you overcome them?

What did you enjoy?

What are you going to try next? (Do you need to tweak the same goal, maybe with what you have learnt this time around? Or is there maybe a new SMART goal you'd like to set?)

Confidence Top Tips!

1 Identify and live by your values

(the things that are important to you)



3 Focus on your positives

Remind yourself of your strengths, qualities, achievements and the compliments you have received.



5 Accomplish something

Set yourself achievable and realistic goals (it helps if it is something you enjoy) and picture success before you begin. If you can see it, you can believe it!



2 Spend time with people who love and support you

Surround yourself with those who compliment you, lift you up and encourage you.



4 Practice coping skills

Take time to learn and practice coping skills that work for you. When you are feeling rubbish, they may help you out.



Remember these 5 key tips to boost your confidence and self-esteem.

Now have a go at filling these in, as a final confidence boosting countdown

My top 5 values:

-
-
-
-
-



4 people who love and support me:

-
-
-
-



3 compliments I have received or characteristics I like about myself:

-
-
-



2 coping skills I enjoy:

-
-



1 thing I have achieved:

-



Signposting

This page includes some helpful suggestions for apps, websites and helplines to access further help and advice about things discussed in the booklet, or anything else you might need support with! Right click on the underlined text and images below, and click 'Open Hyperlink' to go to the website.

[YoungMinds blog on 'Self love and Learning from our Low Points'](#)



**START
SOMETHING**

General apps and websites for further advice on a range of topics:



YOUNGmINDS
fighting for young people's mental health

You Tube



Websites that have online chat, text support or helplines as well as a variety of information.



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

**Resilience
Project
Proiect
Gwydnwch**



Llywodraeth Cymru
Welsh Government

