



Improving your self-esteem



Speak to someone about how you are feeling; this could be a friend, family and teachers.



Take up a hobby or new interests, being part of a group can build our sense of self and develop a feeling



Exercise is one of the best natural ways to boost your mood.



Do not compare yourself to others, either in the classroom or on social media. Low self-esteem stems from the feeling of being inferior.



Appreciate things that you love about your self. Think about your achievements or make a list of your qualities.

Connect with people and be around those that support you and make you feel good.