



## 5 Ways to Be Your Own Best Friend and Feel More Confident

Do you ever feel down about yourself or struggle with self-doubt? You're not alone - many teens grapple with low self-esteem. But don't worry - you have the power to turn this around! With some simple tips, you can become your own best cheerleader and boost your confidence. Let's dive in.



### Call Out the Negative Thoughts

Ever notice how our brains love to mess with us? Like when your crush doesn't text back right away. You're suddenly convinced they're ghosting you and hate you. But not all your thoughts are true!

Before believing every negative thought, hit pause and rethink things. Look at the situation from a different angle. Maybe they're just busy studying or their phone died. Remember, there's more than one side to every story, so don't jump to conclusions so fast.

Here's the deal: you have to spot those negative thoughts and rethink them. Don't let your thoughts drag you down. Take a moment to consider more realistic explanations. This strategy helps break the cycle and boost your confidence. It's all about practice - with time, you can train your brain to think more positively.

Ready to give it a shot? Let's get started

### Be Your Own Best Friend

Imagine your best friend made a silly mistake. Would you tear them down and call them names? Of course not - you'd be understanding and kind. Treat yourself the same way! Be patient and compassionate instead of beating yourself up. Talk to yourself like you would your best friend.



We all mess up - it's part of being human. When you slip up, avoid harsh self-criticism. Say things like "It's okay, I'm still learning. I'll do better next time." Give yourself room to grow. You deserve endless love and encouragement.

Surround yourself with people who build you up too. Good friends won't put you down - they'll support you. Value those who help you feel accepted and empowered.

## **Do What Lights You Up**

Make time for activities that get you jazzed and make you feel alive. Play sports, create art, dance, volunteer - do what energizes your soul. Don't just pad your resume with things that look impressive. Prioritize activities that bring you joy and purpose. You might discover new passions!

It's also important to relax and have fun. Schedule time to chill with friends or go on adventures. Give yourself opportunities to unwind and recharge. You deserve a break!

Doing activities that matter to you keeps you focused on what you're doing. Not on judging yourself. This boosts confidence big time.

## **Take Care of Your Bod**

Taking care of your body is key to feeling good mentally and emotionally. Here's what you can do:

- Eat healthy foods and drink plenty of water.
- Stay active - even a little exercise releases those feel-good chemicals.
- Get enough sleep - aim for 8-10 hours per night
- See your doctor and take medications if prescribed
- Do relaxing activities like yoga, deep breathing, or meditation

When you care for your body, you feel more energized, focused, and positive. Small healthy habits go a long way.



## Talk to the Pros

If you're struggling with serious and harmful behaviors, reach out for professional help. These can include issues such as:

- Low self-worth
- Substance abuse
- Disordered eating
- Self-harm.

A therapist can get to the root of what's causing low esteem and equip you with skills to turn things around.

Counselors create a safe space to talk through challenges. They won't judge you - their job is to listen and help you grow. You deserve to feel empowered and secure. Seeking help takes courage and is an act of self-care

## You Got This!

With consistent practice, you can silence your inner critic. Evolve into your own biggest cheerleader. Be patient - it takes time to reshape thinking patterns. But have faith in your ability to gain self-confidence. Surround yourself with positivity, and speak kindly to yourself. You are amazing just as you are - now go rock it!