

# COURSE ON YOURSELF CONFIDENCE -ESTEEM



# **SELF-HELP FOR LOW SELF-ESTEEM**

# HOW LOW SELF-ESTEEM AFFECTS US

## Emotions

## Thoughts

Unhelpful thinking habits might include mental filter, mind reading, self-blame, internal

## Behaviours



**Identify the factors that help keep the problem going**

## Doing things differently

Stand, walk and talk confidently





# GET IN TOUCH

If you're interested in finding out more

[qahe.welfare@qa.com](mailto:qahe.welfare@qa.com)