



# 10 Ways to Boost Your Emotional Well-Being Through **IMPROVING YOUR SELF-ESTEEM**

Taking care of your emotional health is as important as taking care of your physical body. When you feel good about yourself, it's much easier to cope with life's little ups and downs.

- #1 Grow your circle of friends to expand your support system**  
You need people whom you can talk to about your problems – people who will listen to you when you need to get things off your chest – so that you know you're not alone in whatever it is.
- #2 Learn more to lessen the fear of the unknown**  
Learning helps us feel accomplished and productive, it keeps our minds fit and can be a great way to feel good about ourselves.
- #3 Get moving to improve mood and lessen anxiety**
- #4 Develop a passion by investing time in a new hobby**
- #5 Focus on how far you've come not on how far you have to go.**
- #6 Welcome failure as part of growth.**
- #7 Learn to say 'NO' and set boundaries.**
- #8 Challenge your limiting beliefs.**
- #9 Make time for contemplation and appreciation.**
- #10 Stop comparing yourself to others. YOU DO YOU.**  
Our world is one big jigsaw puzzle full of pieces that fit together in many ways, but you are only one piece, and must play your unique part. When you compare yourself to others, you are undervaluing who you truly are.