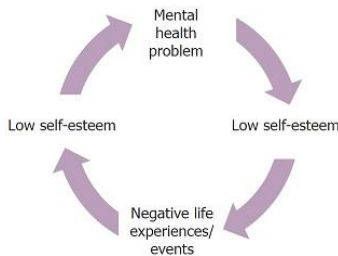




# Self Esteem Promotion, Counseling, Chakra Healing, introduction to Reiku, Reflexology



## What it is:

### What is Self-Esteem Promotion?

We use the phrase self-esteem to talk about the beliefs you have about yourself – what you think about the type of person you are, your abilities, the positive and negative things about you and what you expect for your future. It is not associated with mental health but is closely related. By adopting counseling and positive thinking techniques, you can make a positive difference to life.

If you have healthy self-esteem, your beliefs about yourself will generally be positive. You may experience difficult times in your life, but you will generally be able to deal with these without them having too much of a long-term negative impact on you.

If you have low self-esteem, your beliefs about yourself will often be negative. You will tend to focus on your weaknesses or mistakes that you have made, and may find it hard to recognise the positive parts of your personality. You may also blame yourself for any difficulties or failures that you have.

***“People think I am confident because I can address a room full of people. The reality is that I spend most of my time thinking that I’m not good enough. If I... give a speech, I spend the next few days thinking about all the mistakes I made” – Think about and focus on the things that you did well.***

***“I am frustrated, angry, I will be late, the traffic is terrible, I have not moved for 30 minutes. It does not get much worse than this” – The reason for the delay maybe a serious accident that has just devastated an entirely network of family and friends; your situation is temporary!***

Low self-esteem can cause people to develop unhelpful behaviours as a way of coping, such as forming damaging relationships, taking drugs or drinking too much. This often causes problems in the long-term and makes life more difficult, which can then lead to mental health problems. Some mental health problems, such as eating problems, depression and social phobia, involve developing negative thinking patterns about yourself. A mental health problem can make it hard to do day-to-day tasks, such as using public transport or maintaining a paid job. This can have a



negative impact on the way you see yourself. A mental health problem could cause you to withdraw from social contact, if you are worried how other people may see you. This can lead to feelings of isolation and loneliness, which can then cause low self-esteem.

Stigma and discrimination about mental health problems could mean you develop a negative opinion about yourself. Low self-esteem and mental health problems can reinforce each other, creating an unhelpful cycle.

It might be helpful to write down notes, questions and maintain a diary as these could help to structure your thoughts:

- What do you feel are your weaknesses or failings?
- What negative things do you think other people think about you?
- If you could sum yourself up, what word would you use – ‘I am...’?
- When did you start feeling like this?
- Can you identify an experience or event that might have caused this feeling?
- Do you find you have certain negative thoughts on a regular basis?

## **The Benefits Of Improving Self Esteem:**

In order to increase your self-esteem, you need to challenge and change the negative beliefs you have about yourself and create a new “You” image. Focussing on positive things about you and situations such as personality, your looks, what you do and developing skills creates a positive image to yourself and other. This might feel like an impossible task, but there are a lot of different techniques you can try to help you and lead to increased self-esteem.

Benefits of Improving Self Esteem include:

- Doing something you enjoy is uplifting and creates positive energy
- Work – either voluntary or paid helps you appreciate your social contribution
- Hobbies - something new or using existing skills is positive and inspires others
- Building positive relationships via expression and body language stimulates interactive and shared positive energy
- Assertiveness from increased confidence enable things to happen
- Looking after your physical health is mentally and physically uplifting

## **What to Expect:**

Following a brief consultation on your general thoughts, health and any contra-indications to therapy, we will discuss your session(s). The session can stimulate strong emotions.

Following the session there is a quick debrief to assess the effect. Aftercare advice will be given regarding the best way to maximise the outcome of session. It is nothing to be embarrassed about or worried about to feel strong emotions afterwards. Opening up, challenging thoughts and ideas is an important step forward. This will include looking at past events in your life that shape these and can be painful



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## **Contraindications of Self Esteem Promotion**

- Depression – could be extremely productive or counter – productive

## **After Care Advice:**

- Avoid Alcohol for at least 24 hours– opening up stimulates emotions and alcohol can fuel anger
- Meditate, breathe practice yoga
- Do Something you really enjoy
- Contact someone who you have not spoken to for a while
- Eat plenty of fruit
- Treat Yourself
- Spend time with positive, supportive people – enroll a friend to provide support
- Be helpful and considerate to others
- Do not compare yourself to others in a negative way
- Do regular exercise
- Be assertive
- Use self – help book
- Challenge negative beliefs
- Acknowledge your positive qualities and highlight them to others