

Self help matters.

Helping you to find your solutions

Confidence

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Confidence is a very personal affair with oneself and often influenced by how we believe others think of us. But most people are far too preoccupied with themselves to have the time or inclination to think about us!

Negative opinions about ourselves often come from the past: a critical parent, ineffective teacher, judgmental friend or dominant partner. These people, and others, can cloud the reality of how we regard ourselves. Confidence is about developing a positive self-worth, appreciating the uniqueness, individuality and the value we bring to our world. It's believing in our abilities, remaining positive and having an assurance or trust in ourselves.

Top Tips

Know thyself. Who are you? Know your thoughts and feelings. What are your beliefs, passions and values? What's important to you?

Be positive. Self-defeating thoughts feed insecurity and self-doubt. Think positively by taking action with an optimistic intent and a determination that things can improve. Don't let negative thoughts win. Believe in positivity... and yourself.

Passion. What you believe in gives you energy and commitment. Develop passions for things that give you meaning, value and purpose. And go for it!

Preparedness. If confidence comes from doing a task well, then plan what is required to do the task well. Prepare the groundwork to give yourself the tools you need and that sense of control which this will give you.

Learn. Having knowledge, skills and competencies gives you the skills and ability to act confidently.

Action. Indecision and uncertainty emerges from not prioritizing what you need to do. Improve your time-management and organization with active choices.

Posture. You can actually feel confident by how you hold yourself. Pay attention to "walking tall"; head upright, tilted back slightly, holding your posture, rather than slouching... and feel the difference this makes.

Try this exercise. Stand with your arms held out and imagine you are an Oak tree with roots coming out from your feet into the ground. This gives a sense of strength, groundedness and confidence.

Strengths. Play to your strengths rather than being preoccupied by your weaknesses. Focus on what you can do rather than what you can't.

Articulate. People will listen to you better if you speak with considered pace, clarity and assertiveness. Pause for effect.

Applause. Give yourself a pat on the back and the credit you deserve for the things you do well. You're worth it!

Forgiveness. Give yourself permission to make mistakes and forgive yourself for errors. It's how you deal with mistakes that makes the difference.

Worry. If concerns and anxieties are sapping your self-confidence, identify the causes and do something to eradicate them or learn how to manage them better.

Dress. How you dress can affect your self-confidence. What effect do different colours have on your image and how you feel?

Smile. What makes you smile? Do more of it. The more you smile (and that's smiling naturally!), the more you make other people feel better and you raise your own-self-esteem.

Resources

MOODZONE

Boost your mood, cope with stress, anxiety or depression or simply improve your overall emotional wellbeing.



Opening Hours: Online

www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx

LIVING LIFE TO THE FULL

Want to know how to feel happier, more confident & worry less right now? Would you like to learn new ways of dealing with what life throws at you?



Opening Hours: Online

www.livinglifetothefull.com

NO PANIC

Supports sufferers of panic attacks, phobias & other anxiety disorders, including tranquilliser withdrawal.



Youth Tel: 0330 606 1174 (landline rates apply) **Opening Hours:** 15.00-18.00 Mon-Fri

Adult Tel: 0844 967 4848 (landline rates apply) **Opening Hours:** 10.00-22.00 daily

www.nopanic.org.uk

MINDFULNESS FOR STUDENTS

Helping you to stay calm, focused & better manage the pressures of student life.



Opening Hours: Online

<http://mindfulnessforstudents.co.uk/>

UNIVERSITY OF ABERDEEN SERVICES & SUPPORT

A range of support resources for everyone at University



www.abdn.ac.uk/infocenter/support

BIG WHITE WALL

Online community of people who are anxious, feeling low or not coping who support and help by sharing what's troubling them. This is a free, online, moderated service and confidential.



Opening Hours: Online

www.bigwhitewall.com

If you are experiencing a crisis - please contact any of the following

- **Emergency Services** - telephone 999 (Free) 24 hours
- **Samaritans** - telephone 116 123 (Free) 24 hours
- **Breathing Space** - telephone 0800 83 8587 (Free) Mon-Thu 6pm-2am, Fri-Sun 6pm-6am
- **Nightline** - telephone 01224 272829 (local rate) term-time only, between 20.00-08.00
- **NHS 24** - telephone 111 (Free) 24 hours

For other support resources, please see - www.abdn.ac.uk/counselling