

- Mental health

Boost your self-esteem

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MENTAL health professionals believe that there is a link between happiness and self-esteem. They suggest that the more confidence we have in ourselves, the more likely we are to be happy. So if you're feeling that you're not quite as good as others, or a bit sidelined, there are a few things you can do to give yourself a boost.

Look for good company

Being appreciated and included is important. If you are in an environment like a school or office where you're alone or marginalised, find your self a circle of friends or a new job where you're appreciated.

Try new things

When we're feeling a bit sensitive, we tend to withdraw. Try phoning an old friend and go on a roller-coaster. Or take up snorkelling. Do some thing wildly different and you will be laughing before you know it.

Weed out toxic bullies

People who are constantly putting you down aren't worth being around. Put your foot down where you can and insist you are treated with the proper respect. If you feel you can't, look for counselling.