

# BEHAVIORAL HEALTH WELLNESS SHORTS

## Topic of the Month: **SELF-CONFIDENCE**

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Having **self-confidence is vital**, because it is directly correlated to our mental well-being and the overall increased success and satisfaction in our lives. People with a higher degree of self-confidence have **trust** in their abilities, qualities, and judgment. They **value themselves**, and **feel worthy** regardless of their imperfections and what others may think of them.

*If we are struggling with a lack of confidence we must first determine the cause...*

### **THINGS THAT MAY CAUSE A LACK OF SELF-CONFIDENCE:**

- Specific life experiences
- Low self-esteem
- Our internal critic (negative thoughts about ourselves)
- Mental health concerns (depression or anxiety)



## 3 WAYS WE CAN BUILD SELF-CONFIDENCE



### CONFIDENCE BOOSTING HABITS:

- Increasing our knowledge in a specific subject area that interest us.
- Displaying confident body language.
- Maintaining physical and mental health.



### TAKING INVENTORY OF PAST ACHIEVEMENTS:

Evidence of past accomplishments shows competence and the potential to obtain future goals.

*Think about keeping an achievements log that you can go back to whenever self-doubt creeps in.*



### SETTING AND OBTAINING GOALS:

This shows real time accomplishments, and will assist us in seeing how far we have come.

## DID YOU KNOW...

People who have a higher degree of self-confidence are more likely to land the job that they want, perform better at work, and receive promotions. Improving our resume, interview skills, effective communication skills, and body language can assist us with obtaining and maintaining employment.



**PA CAREERLINK HAS GREAT RESOURCES AND WORKSHOPS THAT CAN ASSIST JOB SEEKERS, AND EMPLOYEES IN THESE AREAS.**

### QUICK TIP:

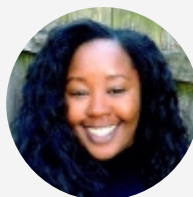
Daily affirmations are a good way to shift your mindset, and increase self-confidence. Replace negative self-talk and thoughts with at least one of the below affirmations throughout the day for the next seven days to assist in giving your confidence a boost.

- I am worthy
- I value myself
- I trust my judgment
- I have the ability to accomplish my goals

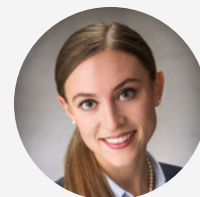
### KEEP IN MIND...

People with self-confidence are not perfect. They make mistakes and look at it as a learning experience instead of a failure.

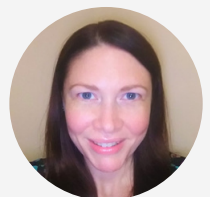
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