

# BEHAVIORAL HEALTH WELLNESS SHORTS

## Boosting Self-Confidence

Having self-confidence is vital, because it is directly correlated with 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, 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 of obtaining 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.

**KEEP IN MIND...**

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

## 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 these 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
- MY UNIQUE GIFTS ARE NEEDED IN THE WORLD
- I HAVE THE ABILITY TO ACCOMPLISH MY GOALS



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by your...**

