

# MANAGING LOW CONFIDENCE



Top tips

## What is confidence?

Confidence is something we all have. It's not about being better than someone else, it's about knowing what you can do, and what you can learn to do with a little help. It's about being able to put yourself 'out there', being brave and always trying your best.

When we feel confident, we know we can use our skills and strengths to handle whatever comes up. We feel ready for everyday challenges and are willing to have a go.

Confidence can help us to try new things, push ourselves to achieve goals and to have another go when things don't go the way we want them to.

## How low confidence affects me

When I'm feeling low in confidence, I might....

Not speak up in case I have the wrong answer or say the wrong thing

Feel really shy and nervous

Think negatively about myself

Not want to try new things in case I can't do them or get it wrong

Not want to go out and see people or meet new people

## What can I do about it?

The good news is that there are some things you can try to help improve your confidence...remember, we are all different which means that different tools will work for different people.

### Separate yourself from the anxiety

Notice when you feel anxious and name it - you might choose to give your anxiety a name like 'Mr Worry' and this helps us to separate our anxiety from ourselves. When you next feel anxious, say to yourself 'it's just Mr Worry coming to visit. I can tell him to go away.' This will help us to think of our negative thoughts and mindset as different to us which makes them easier to manage.



### Try not to dwell on mistakes

If something doesn't go quite to plan, we can learn from it for next time. Everyone makes mistakes and the most important thing we can do is to learn from them.



### Double check your standards

Are the goals you're setting for yourself realistic? It's always important that they are and we know we can achieve them in the time frame we have. Otherwise, we might put in lots of hard work but are unlikely to achieve what we set out to - this will cause us to think we aren't good enough and we will feel worse about ourselves.

### Try again

If something doesn't work the first time, it's okay to have another go - practice makes perfect! And you might find that each time you try the same thing, you feel a bit less nervous about it. Trying again is an opportunity to learn, and we're only human - we all make mistakes!

### Challenge yourself

Do something that's out of your comfort zone.



### Break it down

Sometimes, when we look at the task as a whole, it can seem very overwhelming. You could break it down into smaller chunks and tackle one at a time.

## Consider your environment and what is possible

Sometimes, we take on too much without having the resources or being in the right environment. When we do this, it often means that we can't complete a task and feel worse about ourselves. Think about your environment and whether you have the necessary resources and support in place to complete the task.



### Be self-compassionate

The way we talk to ourselves really affects how we feel. Try being kind to yourself, gently talking to yourself as you would to a friend or someone you care about. For example, you might say to yourself "it's going to be ok, it doesn't have to be perfect, I can do my best and that is good enough."



## Don't be afraid to ask for help

Everyone needs help when trying something new. Maybe you could ask a friend or adult for some help and guidance the first time you do something, and then the next time you can try on your own.

For more free resources please visit our website: [www.psychologyassociates.org.uk](http://www.psychologyassociates.org.uk)

### References:

<https://childmind.org/article/12-tips-raising-confident-kids/>

<https://www.thepathway2success.com/101-positive-affirmations-for-kids/>

[https://www.youtube.com/watch?v=j2oCP\\_wk1TAt](https://www.youtube.com/watch?v=j2oCP_wk1TAt)

<https://kidshealth.org/en/teens/confidence.html>

<https://www.moodjuice.scot.nhs.uk>