

ACCEPT AND VALUE WHO YOU ARE



We are all different. We have different genetics, circumstances and life experiences.



Some of us share interests with the people who live close to us and others live very differently. It is much healthier to accept that you are unique and have your own strengths, than wishing that you were more like someone else.

Feeling good about yourself boosts your confidence which encourages us to learn new things, visit new places and make new friends.

It is important to recognise and accept the things you may not be good at...

...but also try to focus on all the things you can do well.

Talking kindly to ourselves, in the same way that we might reassure a small child who we care about, is also important. It can be really comforting. You might feel uncomfortable at first but give it a go because our brain believes this 'positive self talk'!



If there are still things you would like to change, ask yourself if your expectations are realistic. If they are, then you could work towards the change in small steps. Try not to let fears- especially fears of what others think of you- stand in your way.

It is good to do things in the unique ways you think are best

Click [here](#) to watch a short video for more advice: