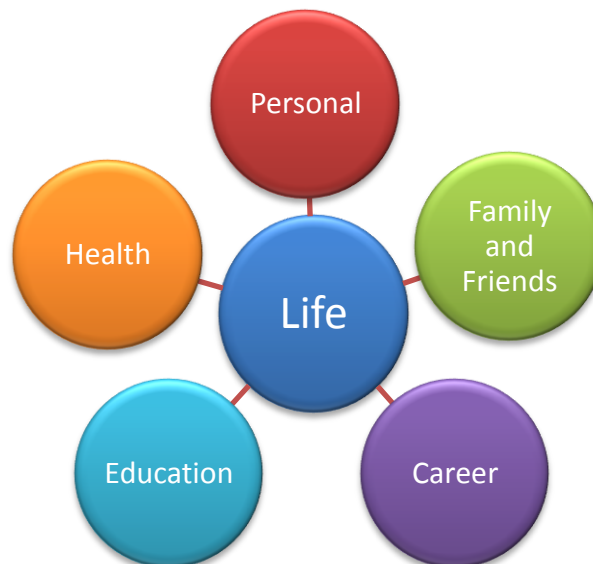


Three Point Turn for a Healthy Self Esteem

Mridula Morje



Personal

- 1) Be clean. Be sure to have a shower at least once a day. Not only is this hygienic, but it is also relaxing and refreshing.
- 2) Wear comfortable clothes of the correct size. Anything too baggy or too tight will make you look out of proportion and out of place! There is no point trying to 'fit in' with the latest fashion if you aren't going to be comfortable. Just be neat.
- 3) Learn to say 'no' – be more assertive. Don't feel compelled to make a commitment against your wishes. We can't please everyone! You alone are in control of your decisions. Go with your gut feeling – you'll be surprised.

Family and Friends

- 1) Research suggests that people with more social support tend to be happier. Allow family time for strengthening those unconditional bonds. Jointly plan and book a weekend away. It'll give you and your family something to look forward to.
- 2) Aim to meet someone new every day, if not every week. As your social network grows, so will the strength of your communication skills, making you a positive and confident individual.
- 3) Get involved in events planning, whether it's for work, charity or personal parties. You'll develop transferable skills such as organisation, leadership and teamwork.

Health

Try setting yourself a realistic goal, an exercise routine and a food diary. Remember to talk to your dietician or doctor before making any drastic changes to your diet.

- 1) Set a realistic goal. The NHS recommends not to lose more than 0.5-1 kg a week – losing weight too fast can be dangerous.
- 2) Eat well. Avoid the sugary, salty, fatty junk, and aim for the 5-a-day fruits and vegetables. Drink water. You don't have to cut junk food from your diet completely – just eat in moderation.
- 3) Exercise. Set a gym routine, go for a jog, do some regular Pilates. You'll find that perseverance is a great way of building both physical and mental resilience. Ask a friend or a family member to accompany you – you're more likely to stay true to your routine this way.

Education

- 1) Join in. Keep an eye out for seminars, lectures, talks on subjects that interested you – they don't need to be work-related! It will give you an opportunity to get out of the house, de-stress, and expand your social circle.
- 2) Teach! Run a club yourself. It can be anything from basketball training to maths tuitions. If you've got a cool skill, put it to use. Sometimes, the value of your skill doesn't become apparent until you teach it to someone else.
- 3) Volunteer! This is such a rewarding way of learning *and* teaching. Check out the vinspired website for activities that fit your criteria and schedule.

Career

- 1) Take fifteen minutes at the start of every day to make an action plan. This will help you prioritise. Keeping on top of your work will surely bring success and compliments your way – a nice boost to your self-esteem.
- 2) Allow for mistakes. Learn from them, and move on. Don't wallow in self-pity and embarrassment. You probably aren't the only one to have been in that situation.
- 3) Don't let Office Politics get you down! Office bullying and low self-esteem are bound in a vicious cycle: lower the self-esteem, greater the bullying. You have got to find a way out – ignore them, laugh them off or confront them professionally.