



ACCEPT YOURSELF

One of the most important steps in maintaining emotional wellbeing is to accept yourself. If you value yourself you are more likely to have positive friendships and find it easier to cope with the stuff that comes along.

BE ASSERTIVE

Don't allow people to treat you with a lack of respect.

BE REALISTIC

You don't have to be perfect all the time.

SPEND TIME

with people who are positive and supportive.

POSITIVE QUALITIES

Acknowledge yours and the things that you are good at.

ENGAGE IN HOBBIES

that you enjoy.

DON'T COMPARE

Try not to do this as it impacts your own self esteem.