

How do I get Counselling?

You can either contact us yourself and we will arrange to meet with you or someone else can contact us on your behalf. This may be your GP, social worker or another person who is concerned about you.

If you are interested in finding out about us you can contact the office or visit

www.newlifecounselling.net

for more information and where you can fill in our online form. We will then be in touch to set up an initial appointment.

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Please Note

The advice given in this leaflet is intended to be helpful to most people. It does not replace the direct advice of a healthcare professional or counsellor. It is only a general guide and cannot deal with all possible situations nor can it be specific to any one individual. If you or someone you know needs help please contact your GP as soon as possible to obtain further help.

“we’re listening”

Contact Details

For further information or to make a referral, please contact:

25 Ardoyne Road Belfast BT14 7HX
Tel: 028 9039 1630

Unit 20 North City Business Centre
2 Duncairn Gardens Belfast BT15 2GG
Tel: 028 9074 6184

Hello.

**We're New Life Counselling,
we're here to help you.**

Low self-esteem?

What is self-esteem?

Self-esteem is your feeling of self-worth and understanding that we are capable, strong and resilient. People with 'good' self esteem are confident in their abilities and this helps them to handle stress and problems well and to feel good about themselves even when things don't go according to plan.

What are the signs of low self-esteem?

People with low self-esteem experience the opposite to this. They often have a negative outlook on life and themselves and tend to fear new experiences because they lack the feeling that they can handle anything outside of their normal routine. Sometimes they might worry excessively and find it difficult accepting criticism.

Self-esteem can have a drastic effect on our motivations, attitudes and behaviors. Self-esteem often links back to our early years and how much we felt supported and able to try new things and to recover from 'failure'. This is not to say that if you have low self esteem you cannot change this. Feeling good about yourself can change the way you view your life, friends and family.

How can I help myself?

To help you feel good about yourself you could:

- **Socialise** Try to find a time and place where you are around people who make you smile and help you feel good about yourself.
- **Exercise** Get some time for physical activity. This often increases our sense of wellbeing and also helps us to feel in control of our bodies.
- **Review** Take a long look at the relationships and jobs that you are in. Sometimes changing our lifestyle choices is necessary, especially when these things are giving us the message that we are not good enough.
- **Interests** Take up a hobby. Find something you are interested in and that helps you relax. This is a great way to meet like minded people.

Our self-esteem can fluctuate as we grow and experience new hurdles in life. Teenagers are more likely to suffer low self-esteem as they struggle to handle changes in their bodies and relationships. Adults may experience bouts of low self-esteem when faced with unexpected obstacles or difficulties they do not know how to handle. Becoming a new parent can trigger low self esteem as you are faced with someone who is dependant on you and may wonder if you can cope.

Where else can I get help?

Once you recognise that you are finding a situation difficult to handle the next step is to ask for help.

How could counselling help me?

Counselling can provide you with the opportunity to talk on a one to one basis with a professionally trained counsellor about the difficulties in your life.

What can I expect?

- What I talk about will be respected and treated in confidence.
- I won't be judged
- I can be myself
- I will be listened to
- My side of the story will be heard
- To learn new ways of dealing with difficult thoughts or feelings

