

Building self esteem and self confidence

Self esteem isn't something that someone else can give you, it needs to come from within. It takes time but the biggest deal is taking the first step in the right direction and then keep on going.

Here are ten things that you can try/do that might help build and strengthen yours;



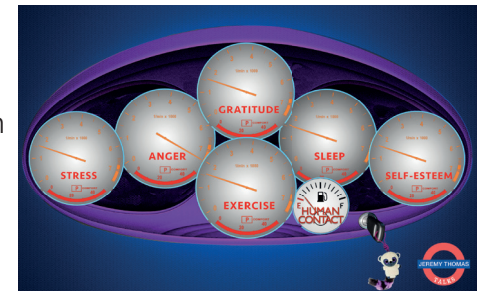
1. Be kind and generous – if you give, you will find people will give back – what goes around, comes around.
2. Respect others, respect yourself.
3. Be honest and tell the truth.
4. Write a short story about your darkest secret or something that troubles you deep down. You can always burn it afterwards.
5. Stand up for yourself, stand up for others, and speak up for what you want and believe.
6. Accept what you cannot change, change the things you can, and let the rest go.
7. Do two things each day that you don't want to do - just for exercise.
8. Find an interest that has nothing to do with money or technology but gives you pleasure: Collecting goldfish, old things such as bottles, lace or poems. Doing embroidery, going fishing, walking in Nature. Things that take you away from the insanity and pressures of work and 24/7 media.
9. Don't procrastinate...do it now!
10. Practice good habits and not the bad ones.



How to stay mentally fit

Jeremy Thomas gives talks to promote good mental health in an attempt to normalise the subject of mental illness and take the prejudice out of old perception. Today, every family in the UK will experience some form of mental ill health at some point so its important that we realise that good mental health is as important as good physical health.


Jeremy's talks are based around his own experience of dealing with depression, addiction, manic depression and offer a series of practical and useful honest tips on how to stay mentally healthy and get the best out of life, most of which are included here in this booklet. He also demonstrates why prevention is far better than cure and that humour can be the best way of talking about such a serious subject.



We hope you will find this helpful, either for yourself now or later, or for understanding better a family member or close friend encountering mental health problems. For booking enquiries please call 0207 736 7107 or e-mail enquiries@jeremythomastalks.co.uk.


Sleep

Our brain and body needs time to reboot and restore themselves so give them a break and get some good sleep!

- Know when you are tired and do something about it.
 - Avoid drinking 20 cans of red bull or gallons of coffee at night.
 - Switch off phones and computers at least an hour before bed, and keep them switched off!
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Relax

When you feel worried and overwhelmed,
consciously make yourself relax

- Practice deep breathing techniques – it works for combat soldiers and Olympic archers so it can work for you too.
 - Try singing – whenever and wherever – and if you are any good, then join a choir.
 - Avoid self medication with drugs/alcohol – they only accentuate the problems and provide a temporary anesthetic.
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Share

- Speak to someone you trust, share your thoughts and feelings - speaking to people in person is a way to stay sane.
- If something is troubling you, write it down, share it (best with a pet – they are less complicated than humans!).

Exercise

Taking exercise gets oxygen and endorphins into our brains and ward off depression and anxiety


- Walk, run, skip and jump ... cycle, swim for 20 mins per day.
- Work out any anger or frustration, physical activity is a great outlet.
- Take some time out to play.

Give thanks

- Appreciate what you have, not what you don't. Make a gratitude list.
- Do something for someone else – and remind yourself daily of all the good things you have done in your life.
- Don't make life a constant battleground - agree with somebody for a change.

Control/Anger

It's helpful to remember that anger is often based on fear – fear that one is losing control

- Take control, manage your time, having a routine is good, plan ahead and get organised – be in charge of your own washing machine.
 - Attempt to do 3 things, no more – once you've done those, add another 3 to the list.
 - If its all a bit much and you are feeling overwhelmed, don't be afraid to say 'no' and remember to punch a pillow.
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- A photograph showing a large, unstable stack of numerous white and silver front-loading washing machines piled on top of each other. The stack is tall and precarious, with some machines tilted. In the background, there are bare trees and a body of water under a cloudy sky, suggesting an outdoor setting. This image serves as a visual metaphor for feeling overwhelmed by too many tasks or responsibilities.

