**Category: Self Care**

**How to develop a healthy self-esteem**

It is common to hear the older generation say that teenagers are most affected by low self-esteem. However, the truth of the matter is that everyone goes through moments of high and low self-esteem. When you have a negative or low self-esteem, you tend to criticize yourself much more than the next person. You will have trouble believing in their abilities and feel guilty and ashamed about issues that others may take as normal.

On the other hand, when you cultivate a positive self-esteem you will regard yourself highly most of the time. You will exude confidence and have more solutions than worry for the troubles that come your way.

It is not difficult to get to that blissful state of a healthy self-esteem. It is also not a walk through the park to maintain it once you have acquired it, because life continues to happen and it doesn’t guarantee happiness 24-7-365. The nuggets of wisdom below might be helpful though;

**Believe, believe, believe.**

It might sound cliché but it has to start from within. In many scenarios, self-esteem is a matter of confidence which starts from the simple act of doing. For the world to know you can sing, you have to begin by actually singing. You cannot know this unless you try and slowly come out of your shell

**Create a School-life balance**

Homework and exams are bound to wear you down. You therefore need to have a hobby that you can engage in aside from your schoolwork. It could be reading, watching movies, artwork, listening to music or travelling. By indulging in something you love, you get a clearer mind to do more and better.

**Surround yourself with positive relationships**

You are likely to thrive through adolescence by surrounding yourself with positive energy. As the saying goes, show me your friends and I will tell you whom you are. Choose friends who will pat you on the back just for being you.

**Learn something new**

Say you like pastries and there is a particular bakery you visit frequently to soothe your sweet tooth. You could choose to make your own homemade pastries. Search recipes online, speak to the bakers you know and try out something new. This will increase your confidence in an area of interest for you.

**Reward YOU**

You will try, you will make mistakes, you might fail. There will be hard days and you will want to crawl back into the shell of comfort that is the low self-esteem. But you can stop all that. Recognize your accomplishments, however little, because it is in those moments that your personality is strengthened. When you have a healthy self-esteem, you only look back to count your lessons and not to regret your decisions.

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