

# Self Esteem

# What is Self Esteem?

<https://www.nhs.uk/mental-health/self-help/tips-and-support/raise-low-self-esteem/>

# How to boost Self Esteem

<https://daringtolivefully.com/how-to-be-kind-to-yourself>

Minute 2:45

<https://www.youtube.com/watch?v=uOrzmFUJtrs>

# Helpful Resources

- Meditation
- Gratitude Journal

