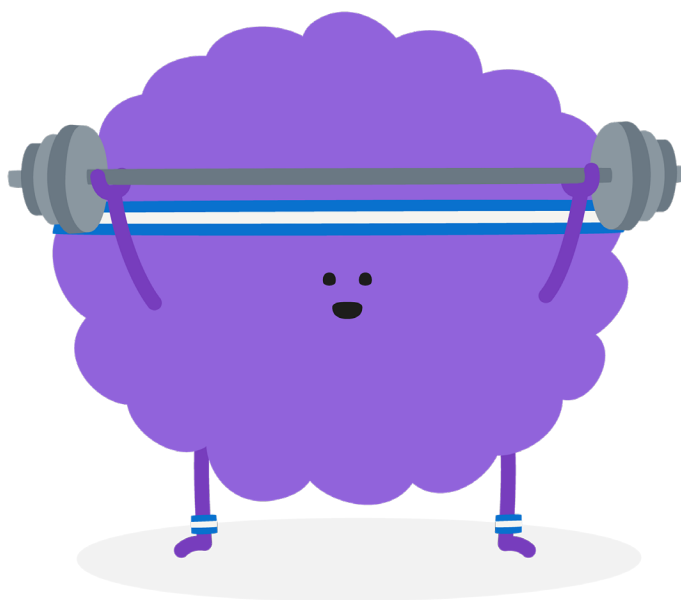


POWER BUILDING TIPS

FOR BOYS AND YOUNG MEN



INTRODUCTION

Self-esteem, or the way you see yourself is a super-power because it helps you to negotiate life's challenges by identifying strengths in yourself and putting them into action, thereby building confidence.

Here are some ideas of things you can do to add to your self-esteem power kit to help build positive self-esteem.



TOP TIPS FOR BOYS AND YOUNG MEN

By Dr Nihara Krause, Consultant Clinical Psychologist

1

Choose to reject cultural or societal stereotypes by expressing or showing your emotions.



Be yourself, not just 'a man'.

2

3

Be strong and open up (see Conversation starters for boys and young men).



Ditch the crutches! Boost your wellbeing by avoiding alcohol and drugs to cope.

4

5

Get active. Increase physical and mental energy by doing exercise, sport, or physical activity for at least half an hour a day.

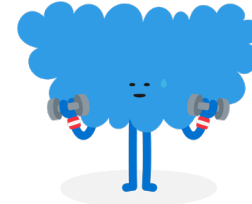
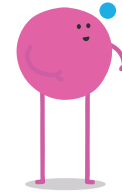


Anger makes you smaller, words help you to grow. Weed out anger. Plant some words.

6

7

Talk, talk, and talk and don't give up until someone listens.



Ask for help—why wouldn't you grab a life raft in a stormy sea?

8

9

'You can't change the direction of the wind, but you can change the direction of the sails.'





Conversation starters:


- 'I've not been myself lately.'
- 'I've been low in mood recently.'
- 'I've not been on top of the world recently. In fact I've been quite down.'
- 'Do you think you could help me find some help to be less stressed/anxious/depressed?'
- 'I've been sleeping really badly recently because I've been overthinking. I think I need some professional support.'
- 'I've not been holding up that well under all the pressure I've been under.'
- 'I'm not dealing well with (...) and would benefit from talking to someone. Do you think you might be able to help me find some names or tell me what I need to do?'


TOP TIPS FOR BOYS AND YOUNG MEN: BUILDING SELF-ESTEEM


By Dr Nihara Krause, Consultant Clinical Psychologist

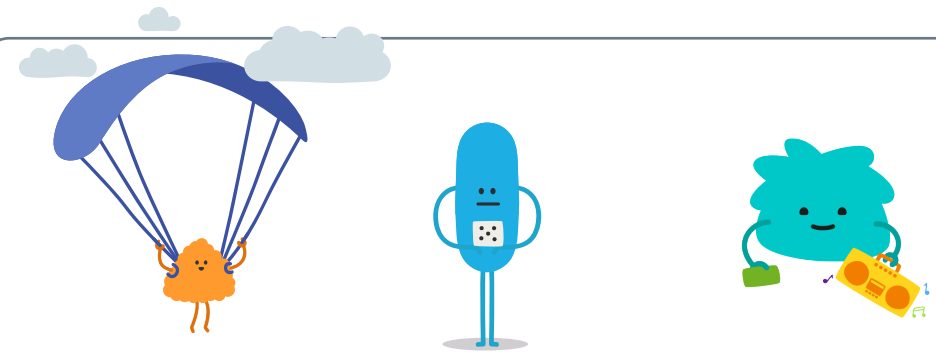
1 What makes you who you are? Give yourself a few moments to reflect on your top three qualities on a regular basis. 


 Go on a fact-finding mission to find out three further positives about yourself. This might be thinking of common compliments people give you, asking your best mates, or focusing on them yourself. **2**


3 A negative mindset leads to negative self-evaluation. Work on changing the negative words you use to describe yourself to positive ones. 


 Do something you are proud of. It doesn't have to be aiming to be a rocket scientist, just a small task you haven't done before. **4**


5 Take steps towards making one new connection every day. It might be smiling at someone you haven't before or joining in a new activity. 




 Generate a kind thought towards yourself every day. This can either mean thinking something kind or catching an unkind thought and changing it. **6**

7 Competitive? Remember that the opposite side of the coin of winning is losing. Don't give up if you lose, realise you've just not got there 'as yet' and plan on how you will get there, one step at a time. 

 Substitute the word 'different' for 'better.' So, rather than saying 'he's better than me' say 'he's different to me.' **8**

9 Don't get mad to hide being sad. Don't fight to hide fear. Be open about your feelings, they are what make people strong. 

 It's hard to get the balance right. Being overconfident or arrogant can be a way to hide low self-esteem. Balance being overconfident with being grateful. **10**

HELPLINES

stem4 does not provide a counselling service and so regrettably we are unable to answer questions of a personal nature. Please contact your GP or call 111 or 999 should you have an urgent concern.

Beat

Beating eating disorders.

- 0808 801 0677 (England)
- 0808 801 0432 (Scotland)
- 0808 801 0433 (Wales)
- 0808 801 0434 (Northern Ireland)
- 0808 801 0711 (Youthline)

Bullying UK

Information about bullying; verbal, physical and cyber bullying.

- www.familylives.org.uk
- 0808 800 2222

Childline

A free point of contact for children and young people who need advice either online or via telephone on a wide range of issues.

- 0800 1111

Frank

Confidential information for anyone concerned about their own or someone else's drug misuse.

- 0300 123 6600
- Text 82111

Kooth

Kooth CAMHS support provides free, safe and anonymous online support for young people.

- www.kooth.com/

Mind

Provide advice and support to empower anyone experiencing a mental health problem.

- 0300 123 3393

Our Infoline provides an information and signposting service. We're open 9am to 6pm, Monday to Friday (except for bank holidays). Ask us about: mental health problems, where to get help near you, treatment options, advocacy services.

NSPCC

Keeping children and young people safe from a wide range of abusive situations.

- 0808 800 5000
- 0800 1111 (ChildLine)

Papyrus

prevention of young suicide
Provide confidential support and advice to young people and anyone worried about a young person.

- 0800 068 41 41
- Text 07860 039 967

Relate

Relationship support for young people aged 16-25 including support with their own relationship or a family relationship. Free on-line chat with a trained counsellor.

- www.relate.org.uk

Samaritans

Talk to the Samaritans any time you like, in your own way, and off the record - about whatever is getting to you.

- 116 123

Stonewall

Information and advice for LGBT communities and their allies.

- 08000 50 20 20

Shout

Shout is a 24/7 text service, free on all major mobile networks in the UK, for anyone in crisis. It's a place to go if you're struggling to cope and you need immediate help. The number to text is 85258.

- <https://giveusashout.org/>

Togetherall

Togetherall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or 1-to-1 therapy with therapists.

- <https://togetherall.com/en-gb/>

The Mix

Online guide for 16-25 years olds. Support and information on everything from sex and exam stress to debt and drugs.

- 0808 808 4994

Young Minds

Supporting children and young people with emotional health and wellbeing concerns, offering a wide range of resources across a whole spectrum of issues.

- 0808 802 5544 (Parents)

Switchboard

(LGBT+ helpline; calls cost the same as those to 01 and 02 numbers; available 10am-10pm every day)

- 0300 330 0630

Muslim Youth Helpline

(faith and culturally sensitive support service for Muslim communities; free to call; available 4pm-10pm every day)

- 0808 808 2008

Campaign Against Living Miserably

(for anyone who needs to talk about life's problems; free to call; available 5pm-midnight every day)

- 0800 58 58 58

Websites

stem4 — www.stem4.org.uk
Mind — www.mind.org.uk
Switchboard LGBT+ Helpline — www.switchboard.lgbt
The Black, African and Asian Therapy Network — www.baatan.org.uk
Muslim Youth Helpline — www.myh.org.uk
Anxiety UK — www.anxietyuk.org.uk
Bipolar UK — www.bipolaruk.org
Harmless — www.harmless.org.uk
Young Minds — www.youngminds.org.uk

Mental Health Apps

by stem4

supporting teenage mental health



A free app to help teenagers resist or manage the urge to self-harm

www.calmharm.co.uk • [@calmharmapp](https://twitter.com/calmharmapp)



A free app to help children and young people manage the symptoms of anxiety

www.clearfear.co.uk • [@clearfearapp](https://twitter.com/clearfearapp)



A free app to help teenagers manage low mood and depression

www.movemood.co.uk • [@appmovemood](https://twitter.com/appmovemood)



A free app to help families and friends provide mental health support

www.combinedminds.co.uk • [@combmindsapp](https://twitter.com/combmindsapp)



A free app to help young people manage negative body image, poor self-worth, and related early-stage eating difficulties or disorders

www.worthwarrior.co.uk • [@worthwarriorapp](https://twitter.com/worthwarriorapp)



Please scan me for more information.

stem4's award-winning apps are available to download from the App Store and Google Play.



Please note that these apps are an aid in treatment but do not replace it.

stem4
supporting teenage mental health

www.stem4.org.uk • [@stem4org](https://twitter.com/stem4org)

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