

## My Story

As a teenager I suffered greatly at the start of my exams with stress and social anxiety, to the point I was afraid to leave my house as I was so sure that everyone would judge me for how I looked. I was convinced I was nothing.

At around about 15, it got to the point that I saw myself as a disgusting creature. I stopped eating as much so that I fitted into the stereotypes. I felt uncomfortable in my own body. It was then things had to change.

I read a book on Self Esteem and started to do sport more frequently to feel better about myself. It hit me that it doesn't matter what other people say about me. The jokes and taunts about my supposedly unattractive body shape and skin stopped bothering me so, and I started to smile more.

I now go out a lot more with friends and family and am able to go out and talk about how to deal with stress and self hatred. It was time to open up, and I encourage you all to do the same. Now I'm moving on to A-Levels and I eat normally like every other teenager out there, because I changed the way I saw myself, and boosted my self esteem.

~ Anonymous (16)

If you would like help, guidance or information on Mental Health Services in West Sussex, please have a look at our Resource List. You can find this at: [www.healthwatchwestsussex.co.uk/youth-pack](http://www.healthwatchwestsussex.co.uk/youth-pack)  
Or go to Young Minds: [www.youngminds.org.uk](http://www.youngminds.org.uk)  
Find it Out Centres: <http://bit.ly/2NkmQCg>  
Useful phone apps: <http://bit.ly/33ofEdU>

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# Be Yourself

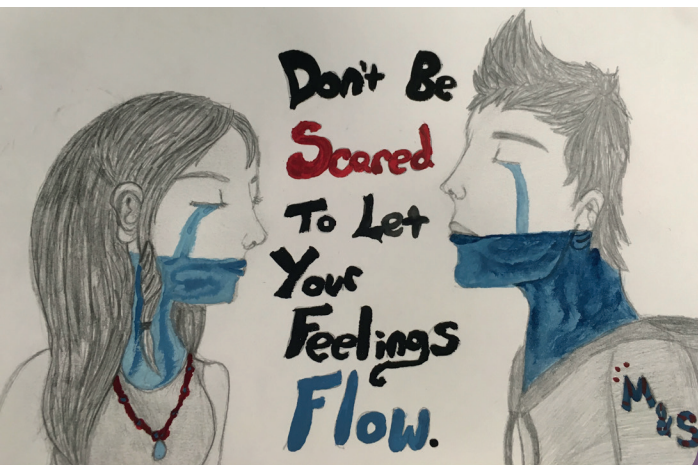
A little guide to self esteem!



## Exam Stress Tips

- Speak to someone to get things off your chest
- The effort you put in will always pay off
- Take regular breaks to clear your mind to help you refocus to try again
- Organise yourself before the exam so you don't stress when the time comes to take it
- The exams are not the be all and end all of life. Believe in yourself and you can achieve anything!

Especially around exams you are going to feel like the world is against you, but bottling it up can make it all a lot worse. Talk to others about what's on your mind. It's good for your self esteem to open up.



## Sports and Self Esteem

- Doing sports releases a chemical in your brain that creates happy feelings in your body. Try it out!
- Just one hour of physical activity per day can make a huge difference to your physical health, and that makes you feel better in yourself.
- Find a sport that you enjoy, and doing this will improve your mental health, and then you can work out all the negative emotions and walk away feeling healthier with a better view of yourself.

Remember, no matter what life throws at you... you are perfect just the way you are, and you never have to change that!

## Self Esteem Tips & Tricks!

- You are beautiful no matter what others say about you, look in the mirror and smile knowing this.
- Eat healthy, a healthy diet can make you feel better about yourself and happier in your own body.
- Don't let what others say about you affect the way you see yourself, you are your own unique person, be proud of who you are!
- Try and get a good nights sleep each day, sleep lets your mind rest and things seem better then.
- Go and do fun activities with the people who love you for you, they are the only people worth having in your life.
- Open up... talking makes everything seem more manageable!

## Boys... Lets talk

Talking about things that bother you doesn't make you less of a man. Opening up will make your mental state better.

Talk to one another and don't mock others for showing emotions. We're all human! Sharing your feelings could help another in need!

Go to [www.calmzone.net/help/get-help](http://www.calmzone.net/help/get-help) for more information