



International Boost Self-Esteem Month 2023 : Build Up Your Self-Esteem

[Swarnakshi Sharma](#) February 4th, 2021 , [News](#)



“Low self-esteem is like driving through life with your hand-break on.” – Maxwell Maltz

If you ask me to define self-esteem, this quote is what I’d prefer to use. All of us, at some point in life, struggle with [maintaining healthy self-esteem](#). The way you feel about yourself is what is defined as self-esteem. Maintaining high self-esteem is not only an amazing way to prevent many mental health issues but it is also important in supporting overall well-being.

[Low self-esteem](#) would keep you back from moving forward. It’ll hold you back from loving yourself and accepting who you are, truly. In my teenage years, I had very low self-esteem, and eventually, that led me to develop clinical depression.

Boosting my self-esteem was difficult but not an impossible task. In fact, in [boosting my self-doubt](#), I realized my feelings of low self-worth but with the help of my therapist, I was able to manage my feelings of sadness and rise above them.

February is International Boost Self-Esteem Month and in this article, we’ll bring to you some amazing ways to boost your self-esteem and prevent mental health problems such as depression and anxiety.

HOW TO CELEBRATE BOOST SELF-ESTEEM MONTH



It is important to note that boosting one's self-esteem takes time, patience, and dedication. So let's start the process of boosting your self-esteem with these steps!

5 Simple Ways to Boost Your Self-Esteem:

1. Positive Self-Talk

The way you describe yourself to others, the labels we give ourselves – all these play an important part in building our self-esteem and confidence.

Let me ask a question; **“How would you describe yourself to a stranger in one word?”** Think closely about what word you'd use. These words aren't just words, they are how we see ourselves, perceive ourselves, and these words are important in contributing to our overall mental well-being.

Think about how you talk to yourself. Negative self-talk can magnify your flaws until your positive traits are nowhere to be seen. Next time, you catch yourself focusing on your flaw, challenge it.

Change your negative self-talk into a positive one and see the change in yourself.

2. Accept Who You Are

Humans are flawed and yet these flaws are what make us unique to each other. Accepting yourself – flaws and all is one way you can prevent yourself from developing low self-esteem and confidence. You are unique and even your flaws are a part of you. Not accepting your flaws is like not [accepting yourself](#).

Your acceptance of yourself allows you to focus on what can be changed and what cannot. It gives you space and energy to discover new opportunities and strengths that were previously not visible in front of your flaws.

3. Celebrate Yourself

This month, take a few minutes each day to celebrate yourself. It could be anything:

- You got a job – yay!
- You cooked a meal for you and your family – yum!
- Your meeting went well – good for you!
- You got up from your bed – awesome!

Once you've acknowledged your accomplishments – celebrate them. Doing this will help you make your life brighter and better. No matter how big or small your accomplishments are, be proud of them. This will help you boost your confidence and help you recognize your worth.

4. Don't Forget Self-Care

Self-care is something that you never forget. It is one of the quickest ways to boost your self-esteem. Self-care can be done anywhere, anytime. It means focusing on the needs of your body and mind. Ask yourself; what do you need? Are you getting enough sleep? Are you eating well? Is your mind relaxed?

Boosting your [self-love](#) and [self-care activities](#) will help you feel good about yourself and that, in turn, will boost your self-confidence and self-esteem.

5. Step Out Of Your Comfort Zone

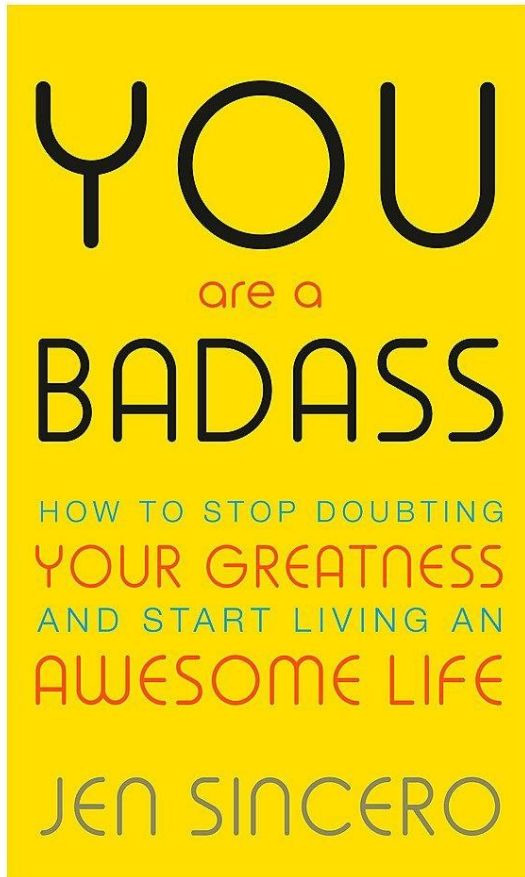
This is something that I did back when I was diagnosed with [clinical depression](#). A Comfort zone is something that we don't want to escape but being confined to our comfort zone can hurt our confidence and life skills. To boost your self-esteem, step out of your comfort zone, gradually.

Try something new (that you haven't before), something different from what you do daily. This will help you gain confidence in your abilities and will boost your self-esteem.

Books To Read On Self-Love, Confidence & Self-Esteem

Here are some books on self-esteem and confidence that you should read this International Boost SelfEsteem Month 2022

1. You Are A Badass

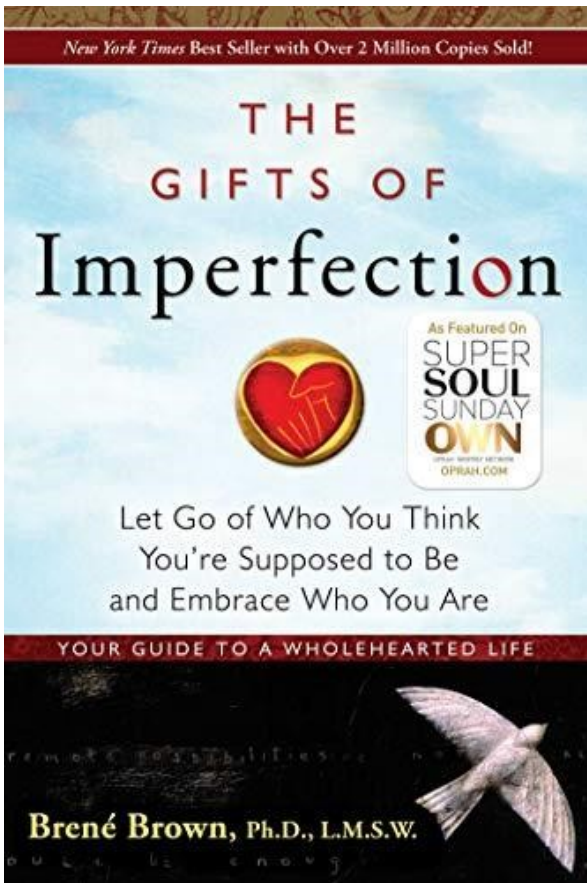


Author: Jen Sincero

About the book: This is a [self-help](#) book with inspiring stories, advice, and exercises one can do to bring a change in their life.

“I adore Jen’s realistic and funny take on all matters of living an awesome life. She has such a gift for writing in a very digestible way that will appeal to everyone. If you’re looking for purple unicorns and rainbows you won’t find them here, what you will find are practical and easy ways to connect with your inner badass and change your life.” – Madisyn Taylor, Co-Founder, DailyOM

2. The Gifts of Imperfection: Let Go of Who You Think You’re Supposed to Be and Embrace Who You Are

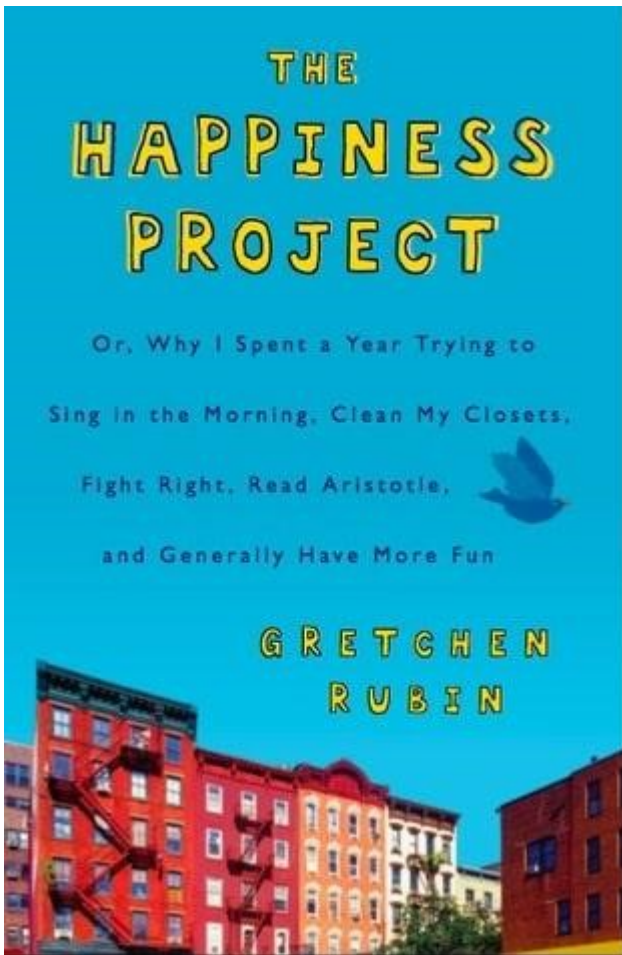


Author: Brené Brown

About the book: This self-esteem boosting guide explores the psychology behind an imperfect life and embracing authenticity.

“I initially avoided this book out of concern that it was one of many under-evidenced self-help titles. Changing my mind on reading this was undoubtedly one of the best decisions I have ever made, and I am a much better person for it... I think I can guarantee that something in this book will profoundly change you” – Amazon Reviewer

3. The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun

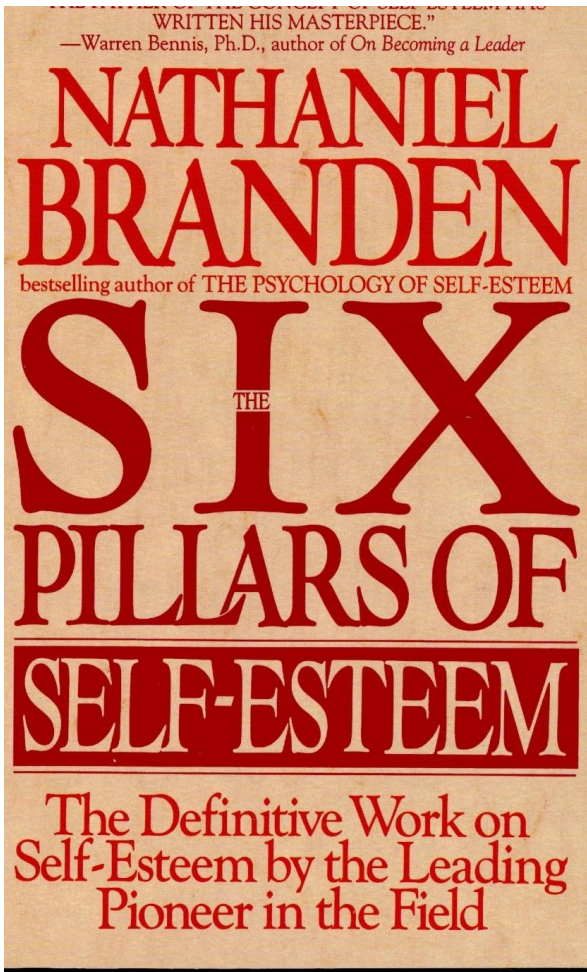


Author: Gretchen Ruben

About the book: The author describes her year-long journey to contentment with an engaging account of her transformation.

“Packed with fascinating facts about the science of happiness and rich examples of how she improves her life through changes small and big The Happiness Project made me happier by just reading it.” – Amy Scribner, Book page

4. The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field

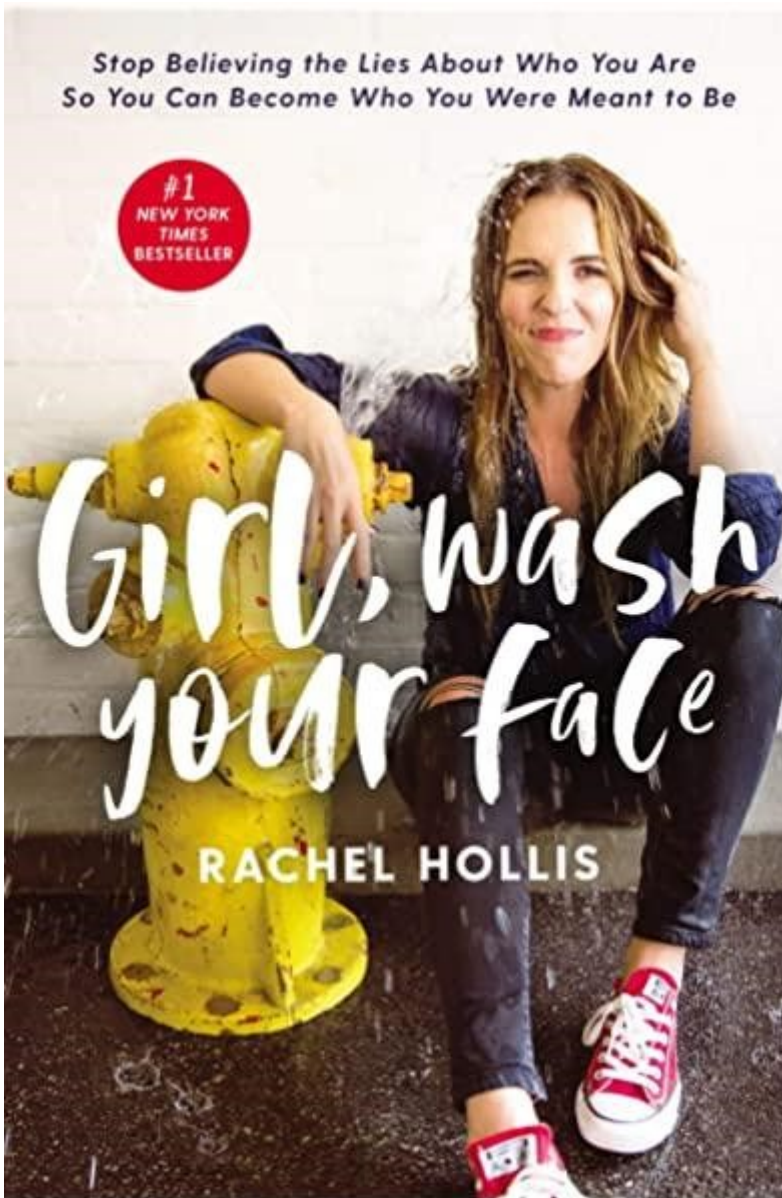


Author: Nathaniel Branden

About the book: The author, in this 1995 release outlines the six traits of boosting self-esteem.

“Brilliant, laser-focused, and critically relevant, Dr. Branden’s ‘pillars’ give us a lifelong set of foundations upon which to build our families, our schools, and our businesses.”– Dennis Waitley, Ph.D., author of *The Psychology Of Winning*.

5. Girl, Wash Your Face: Stop Believing the Lies About Who You Are so You Can Become Who You Were Meant to Be



Author: Rachel Hollis

About the book: The author, in this book, talks about her own life and problems and how she defeated those problems. Ms. Hollis believes that, with the help of this book, the reader feels strengthened to change their life.

“In Rachel Hollis’s first nonfiction book, you will find she is less cheerleader and more life coach. This means readers won’t just walk away inspired; they will walk away with the right tools in hand to actually do their dreams. Dream doing is what Rachel is all about. You will be, too, when you read her newest book.” – Jessica Honegger, founder, and co-CEO of the Nooday Collection

Boosting self-esteem is a process that requires patience and dedication. This International Boost Self-Esteem Month, let’s focus on these above-mentioned points and celebrate ourselves and accept who we are as we are.

You can also write to us at info@calmsage.com for more information.

Share this article with #InternationalBoostSelf-EsteemMonth2022 to spread awareness on clinical depression and how to prevent self-esteem-related issues.

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