

Lack of Self-Esteem and Self-Confidence

Lack of self-esteem and self-confidence is not good for your emotional or physical wellbeing. You find that you become angry at yourself and this creates resentment of others that appear to be full of self-esteem and self-confidence. It starts to break down your ability to be unique in all areas of your life. Being unique is not to be seen as standing out in a crowd but rather as being your true self. You are entitled to have all the self-esteem and self-confidence that you so rightly deserve.

What is the difference between self-esteem and self-confidence? My definitions are: Self-esteem is the ability of believing in yourself, your self image and having respect for yourself.

Self-Esteem

We are not born with it but develop it over the years. As a child, when we are told by our parents “you look so pretty or handsome”, it makes us feel great and over a period of time it gives our self-esteem a boost. You will then make the effort to keep it that way. Why? Because you believe it and it makes you feel special.

When your self-esteem and self image is poor and this is based on how you feel and see yourself. This can lead to obesity or anorexia; everything becomes negative. You may have been physically or mentally abused at some stage of your life. You may have been put-down by your parents, teachers or even your boss. These are some of the biggest wreckers of self-esteem. When you look in the mirror you don't like what you see or you don't look at all. Your work may reflect this as you don't really care; your desk, office or home may look like a bomb has hit it. This is not good for your self-esteem. To be able to rectify this you need to take the time to work on it, and start believing in yourself.

If it did not start as a young child then look at maybe your first job. It is amazing how in a work situation that praise for work done is few and far between and very quickly forgotten. On the other hand mistakes are never forgotten and the person may be constantly reminded of it. Some times in a home situation as well.

Self-esteem is very important as it is the basis of a positive attitude towards you and your life. It affects your mental thinking, how you act and how you relate to others. More importantly it has a direct effect on your health, happiness and success.

How does it affect your health? In my experience I have seen a lot of people with a weight problem; most often this is caused by a void in their lives, so they eat to cover it up. As a result of the excess weight they now develop a knee problem, then a lower back problem or even a digestive problem such as IBS (Irritable Bowel Syndrome) that is caused by stress. On the other hand you might get the total opposite, where you have the anorexic, who may not eat much at all. Why? Because nobody likes them or even cares, why should they care? They also see themselves as being overweight. This in turn affects the self-esteem.

So what can you do to improve this situation?

Try this exercise.

Sit in front of a mirror and look at the face that is looking back at you, is it smiling? Now look at your eyes, think of something that makes happy, see how your eyes become bright and sparkling, now think of something that makes you sad, your eyes become dull and sad. Remember the eyes are the mirror to the soul. This is not easy to do. Just remember that through repetition it becomes a habit and you will do it without thinking.

No matter how much make-up you put on your face the eyes still tell the story of how you are feeling.

Always remember you are important to you, it does not matter what anybody else thinks. Whatever you do for yourself it must make you feel happy and good.

Your appearance is also very important. You don't have to spend a fortune to look and feel good. When you get up in the morning whether it is to go to work or just to do the housework, make sure you have brushed your hair and put on a bit of make-up. Even a touch of lipstick is good.

Take a look in your cupboard at the clothes you have, Are there different colours or are they very drab. If you wear very dark colours such as black or dark brown try to add some colour in the tops or scarves that you wear, especially during the day. You will be amazed at difference you will feel.

Here is a list of what different colours may do for you.

Colour	Benefit
Red	Gives you more energy
Orange	Gives you a feeling freedom
Yellow	Gives a feeling of being in control
Green	Gives a feeling of unconditional love
Light Blue	Gives you feeling of self expression
Dark Blue	Gives you a feeling self responsibility
Violet	Gives you a feeling of calmness

Did you know that the colours you wear are absorbed by the skin? This is one of the reasons why colour is important as it will affect your feelings and emotions. Always remember you can dress up or down with accessories.

Now do yourself a favour. Go to any cosmetic counter and ask for a makeover that will suit you. It costs nothing and you will feel the difference after it is done, or go to a professional colour consultant for some advice. Don't forget to have a change of hairstyle or even a hair colour change. After you have done this, the self-esteem boost you get is amazing.