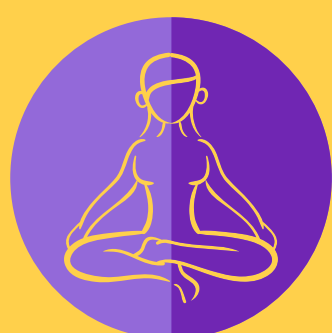


HOW TO FEEL CONFIDENT IN YOUR OWN SKIN



WHAT MAKES YOU FEEL BEST?

Finding what makes you feel confident is deeply personal. What works for you may be different to the people around you. Take some time to explore what makes you feel great.



TAKE SOME QUIET TIME

Make some time to stop and reflect on what makes you feel at your best. You could take a walk (without your phone), or try some meditation.



WHAT MAKES YOU HAPPY?

Doing more of what makes you smile is a great way to inspire self-confidence.



SELF CARE

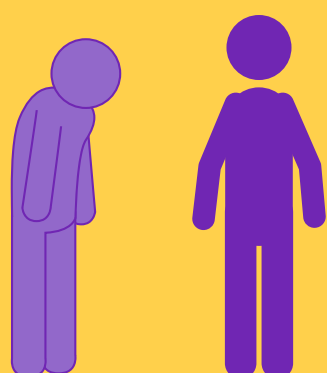
Whether it's watching a movie, a tasty treat, or something else that gives you a smile, take time to be kind to yourself. Recognise that you deserve to feel good.

It's not selfish - it's self care.



HEALTHY HABITS

Exercise and healthy eating habits can be a great way to make sure you're feeling good on the inside. This can help boost confidence too.



PRACTICE POSTURE

Good posture and eye contact can communicate if someone feels confident. But practicing these behaviours can actually boost your self-esteem too. It's okay to fake it until you make it.



SELF TALK

Think about how you talk to yourself. Would you talk to your best friend the same way? If you find yourself being harsh or negative to yourself, try thinking about what you would say to a friend in the same situation.

