



HOME SUPPORT PROGRAM

- After School Home Support (run, supervised and managed by professionals)
- Participation in leisure activities
- Management of behavioural challenges
- Respite for caregivers
- Assistance in learning difficulties
- Guidance in activities of daily living

Ask

Ask Us Anything About : Self-Esteem

Live panel answering all your questions !

When : Saturday 30th April at 1pm

Where : Facebook Live

Have a Question? Message us on our Facebook page or contact us on askusanything@polarisconsultancy.life

WHAT'S ON

Mindfulness Course

A Course developed by Corinne Cilia
Pharmacist, Head of School, Gestalt Warranted Psychotherapist

When? 4th, 11th, 18th, 25th May & 1st, 8th June

Time? 17:30-19:30 CET

Price? €275 including refreshments

TIPS TO BOOST YOUR SELF-ESTEEM

1. Try and look at your overall strengths and make a list of what you consider to be your strengths. Then spend some time focusing on these strengths to maximise them.
2. Acknowledge that you have learning gaps, like all of us. Don't look at weaknesses, vulnerabilities, and/or disabilities as things which are going to hold you back in life. Consider them to be opportunities for growth.
3. Stop criticising yourself. Try to be mindful and aware when you are criticising yourself, and catch yourself in the act. Then, try to change this negative rhetoric self-talk into kindness, self-love and compassion.
4. Write down a list of daily achievements. Perhaps you can dedicate a journal for this activity and find some time everyday to write down a list of what you feel proud of.
5. Think about all the things you've achieved in your life which give you a sense of accomplishment.
6. Write a letter to your adult self today, from your 16 year old self, giving yourself praise for what you've achieved from that age till today.
7. Learn to take compliments. Breathe them in and say thank you.

Watch More on:

<https://www.youtube.com/watch?v=Ynra-6MgduM&t=2s>



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FOUNDER AND
MANAGING PSYCHOLOGIST

<https://polarisconsultancy.life/index.html>

✉ askusanything@polarisconsultancy.life



2099 3709 / 99908292