

YMCA Go!

FAMILY SUPPORT

A GUIDE FOR PARENTS
& GUARDIANS

SELF ESTEEM



YMCA

Here for young people
Here for communities
Here for you

All information correct as of
November 2023.

Self-Esteem

Low self esteem is a growing issue amongst young people. 40% of young people say they suffer from low self-esteem.*

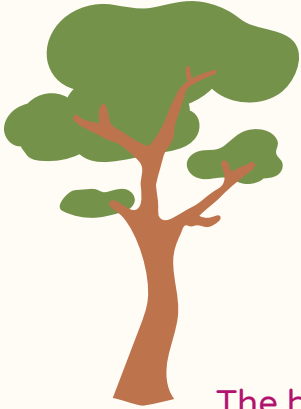
*Data from the Mental Health Foundation

What can Parents & Guardians do?

-  Give your young person positive feedback and tell them what makes them special. 
-  Set an example of having a positive attitude. Young people learn from your language and actions.
-  Let them know you value effort more than perfection.
-  Help them set goals and make plans. Make sure they are achievable! 
-  Promote self-care. A nice bath or time out can make a world of difference.
-  Give praise for their successes. 
-  Re-assure them that it's OK to make mistakes.
-  Challenge them when they are being self critical.
-  Acknowledge their feelings, and help them to express these feelings using words. 

Self-Esteem

Activities and exercises to help with low self-esteem.

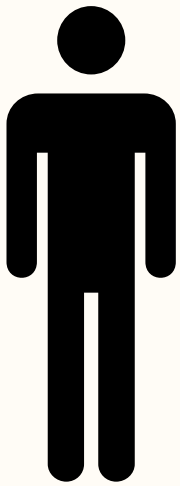


The Worry Tree

The worry tree helps young people to make sense of worries and let go, rather than dwelling on them. It takes the form of a flow chart, and is a very quick and simple activity.

The Brain Chart

The brain chart is a useful visual tool to understand what young people are thinking about. Like a pie chart, young people map out how much space each thought takes up in their mind.

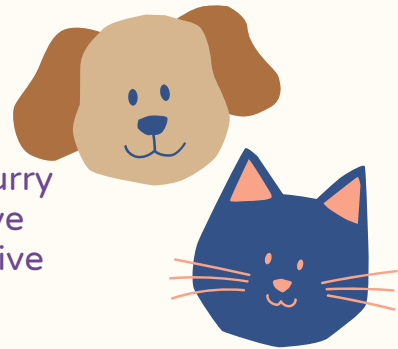


What my body does for me

In this exercise a young person writes down all the positive things their bodies do for them. Try to be as specific as possible, as there should be more positives to outweigh the negatives!

Treat yourself like a pet

This is a great activity if you have a furry or not so furry friend at home. It's about understanding that we give our pets so much love and forgiveness, we should give ourselves that much love and forgiveness.



Mindfulness Journal

Creating a journal can be a great tool to help young people express the thoughts in their head in a safe space. While we encourage young people to write about the positives, it can be a tool to express emotions that they may find difficult to say to a trusted person.



Gratitude Jar

All you need is an empty jar and a couple of pieces of paper. The young person will write positive compliments, mantra's or advice for when they are feeling down. This is a very accessible and personal activity for young people.



The Worry Tree

Notice the worry

Ask: What am I worrying about?

Ask: Can I do something about it?

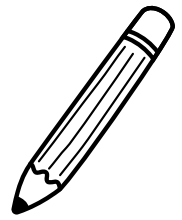
No

Let the worry go!

Think about something else



Yes



Make a Plan



What/When/How?

Now

Do it!

Let the worry go!

Think about something else

Later

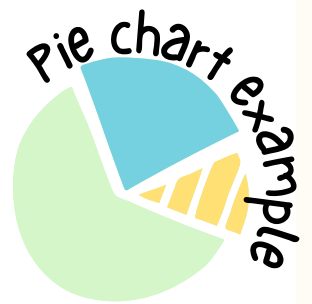
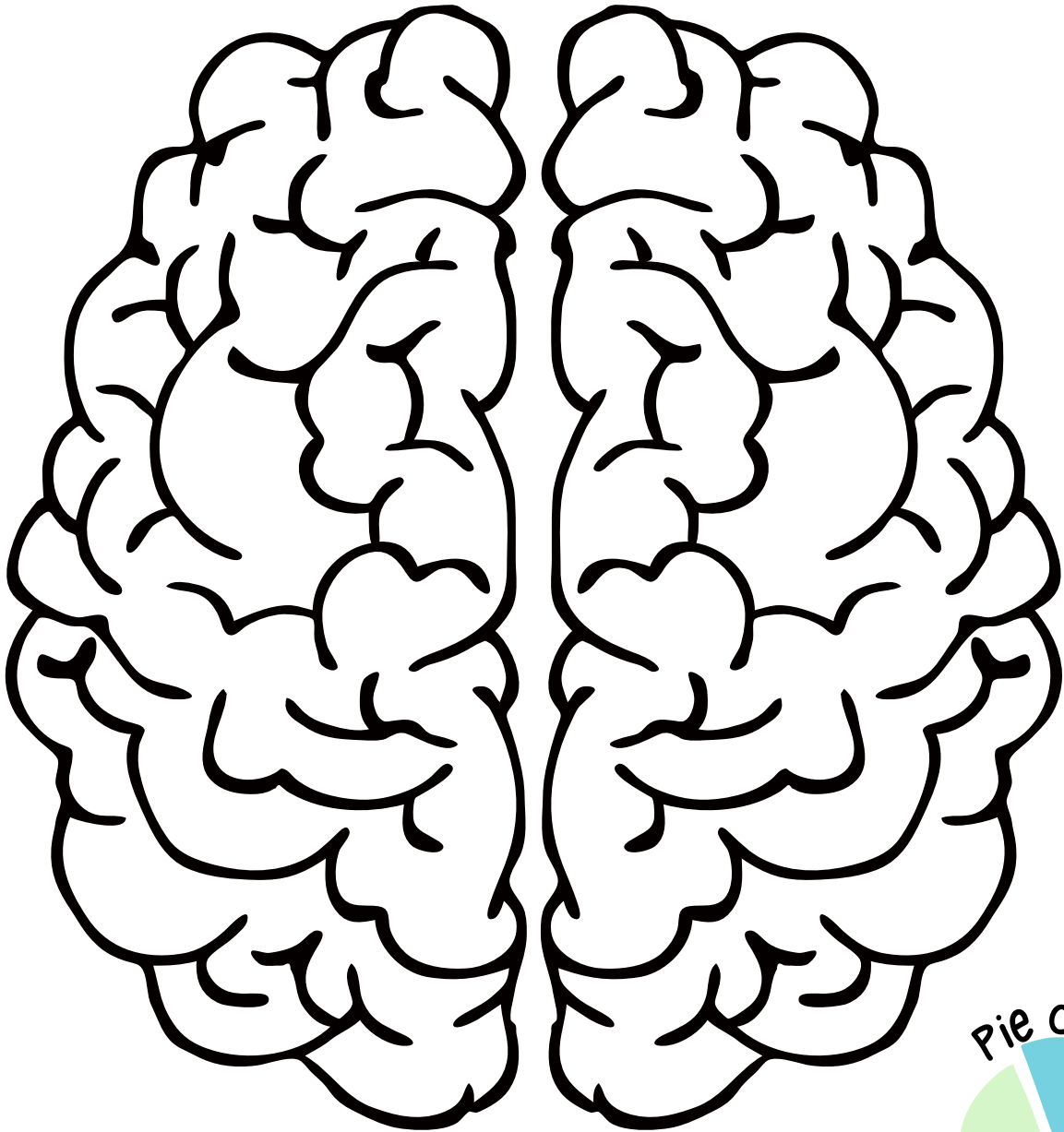
Decide when



Hypothetical worries: These are 'what if' thoughts. They are usually followed by imagining the worst case scenario. We can't do anything about these worries.

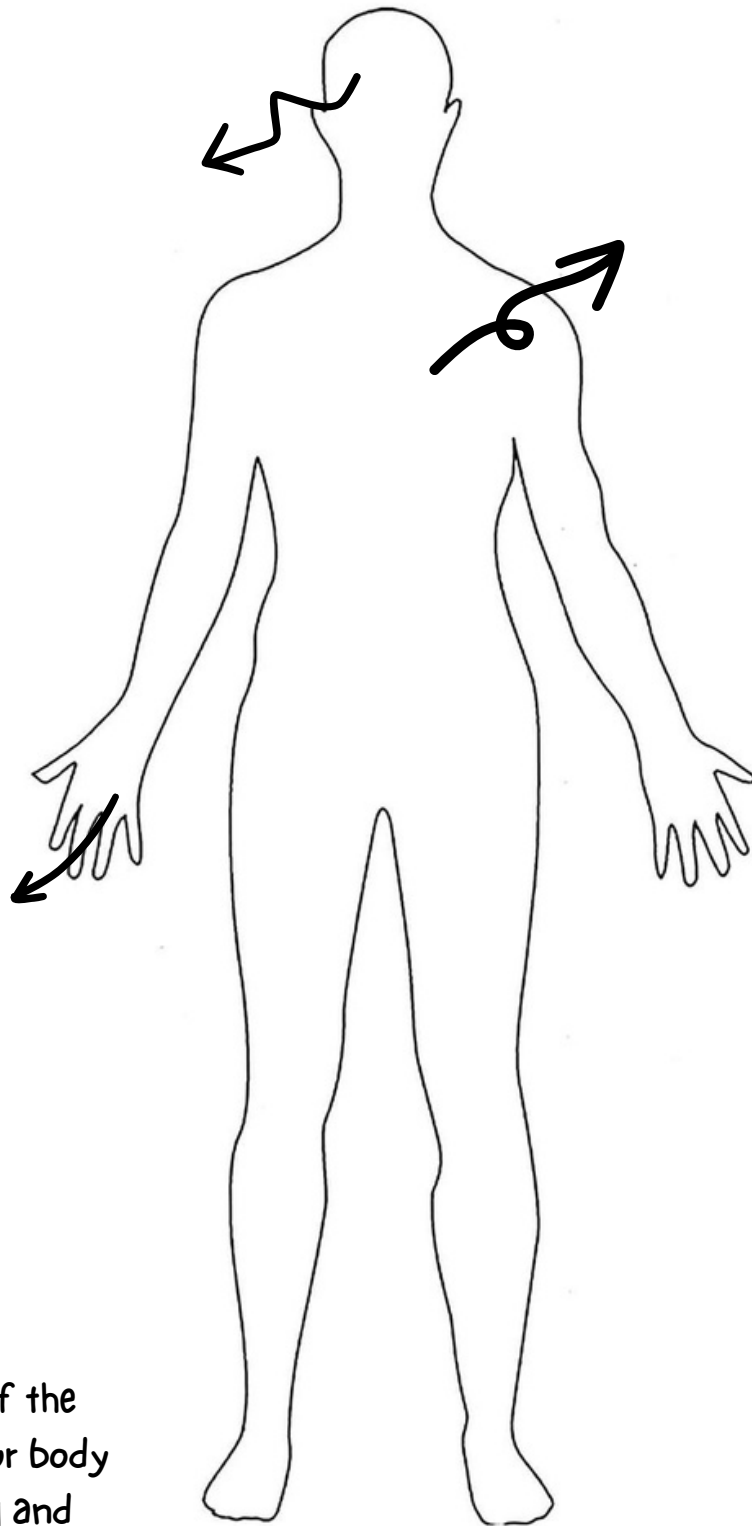
Current Problems: These are worries that we can do something about. In this case we make a plan to deal with the situation, so that we can stop worrying about it.

The Brain Chart



Think of your brain as a pie chart, what takes up all of the space?
Is it fun with friends? Is it worrying about school? Is it Netflix?
Draw, name and colour each section.

What My Body Does For Me



Think about all of the amazing things your body does for you, big and small. Draw and point out where they are.

Treat Yourself Like a Pet

If you have a pet (or would like to imagine that you have one) this can be a great comparison activity.



What are the bad things that your pet does?

What are the good things that your pet does?

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Do you punish your pet for a long time after they have done something wrong?

Do you stop loving them if they have done something wrong?

Do you praise the good behaviour that your pet shows?

Do you give your pets treats for good behaviour?

Do you love them more because they are being good?

If we can be patient and kind to our pets, we should be patient and kind to ourselves.

Mindfulness Journal

A mindfulness journal can be designed by the young person to suit their needs. For creative or visual young people a bullet style journal may be beneficial.

See some themes that the journal could include below:

Sleep Tracker

M
T
W
T
F
S
S



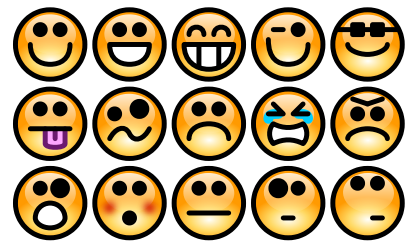
Make a note of how many hours of sleep you get each night. Is it close to the recommended amount for your age?

Hydration Tracker



Tick a box each time you finish a glass of water. Aim for a minimum of 5 a day.

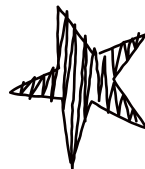
Mood Tracker



Circle what emotions or moods you experienced today.

Personal Experiences

Something positive that happened today was:



Something that I achieved today:

Something that made me smile today:



Gratitude Jar

Fill in the gaps on these thankful messages. Cut these out and place them in an empty jar. When you are feeling down, grab one out and fill it in to help you make it through the rough patch by focusing on the positives of the day.

I am thankful for my family because:	My friend _____ is great because:
I am proud of myself today because:	Something funny that happened today:
Something I like about myself:	Three people that make me happy are:
Something that I am looking forward to:	Today was special because:
A TV show or movie that will always make me smile is:	Something that I accomplished today is:
The best piece of advice I have been told is:	This week has been good because:
Something that made me smile today:	A special memory I have is:
My friends are the best because:	My favourite tradition is:
Something interesting that I recently saw:	The best song in the world is:
Something I did to make someone else happy today:	Something that I am good at:
Something good about where I live:	My favourite part of school is:

For further support visit:



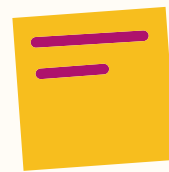
Websites:

www.changes.org.uk

www.youngminds.org.uk

www.mind.org.uk

www.healthtalk.org



Phone Numbers (Stoke)

Changes: 01782 411 433

All Age Access Team: 0800 032 8728 (Option 1)

Immigration Advice: 01782 407 968

Apps for young people



Mindshift (Free)



Headspace (Free trial then £50 per year or £10 per month.
They do have shorts on Netflix!)



SmilingMind (Free)



HollieGuard (Free - Premium £8 per month)



For more information about
YMCA Go! please head to
www.ymcans.org.uk/ymca-go

