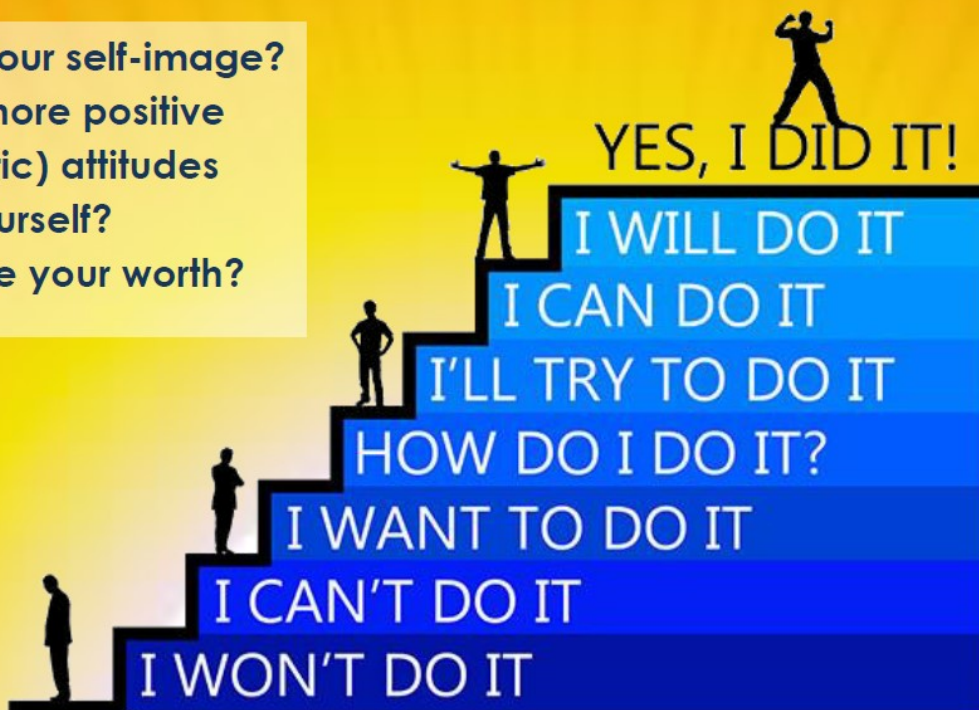




# Coping With Life Skills: Self-Esteem

Do you want to...

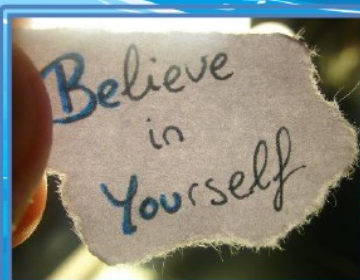
- Improve your self-image?
- Develop more positive
- (but realistic) attitudes toward yourself?
- Appreciate your worth?



This service aims to help you:

- Promote Positive Thought Strategies
- Avoid Exaggerations
- Accept Imperfections
- Forgive and Forget

Starting Friday 21<sup>st</sup>  
April 2017



Mind in Haringey  
Station House  
73c Stapleton Hall Road  
London N4 3QF





## 6 free sessions, over 6 weeks

Enjoy a friendly environment to improve your self-esteem in regards to goals you set for yourself.

### Course breakdown:

Week 1: Introductions and Goals: Setting the Groundwork  
Week 2: How Self-Esteem Affects You  
Week 3: Challenging Negative Thoughts  
Week 4: Exploring Alternatives to Negative Explanations  
Week 5: Appreciating Your Positive Qualities  
Week 6: Planning for the Future

### **For more information or to get involved, contact:**

Owen Johnson-Stewart (Mon-Friday 9am – 5pm)  
Wellbeing Advocacy Worker  
Mind in Haringey  
Telephone: 0208 340 2474  
Email: Owen@mih.org.uk

### Upcoming Coping With Life Skills Topics:

- \*Self-Esteem
- \*Loss or change
- \*Depression
- \*Stress
- \*Assertiveness
- \*Anger
- \*Anxiety

**Consistent attendance is required**

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