

The Health in Mind service is provided in partnership by:

Sussex Partnership NHS Foundation Trust

Sussex Partnership NHS Foundation Trust provides specialist mental health, substance misuse and learning disability services across Sussex.

www.sussexpartnership.nhs.uk

Turning Point

Turning Point is an independent social care organisation providing services in the UK across mental health, learning disability, substance misuse and employment.

www.turning-point.co.uk

Health in Mind services are free for the residents of East Sussex.

Health in Mind is part of the Improving Access to Psychological Therapies Programme (IAPT).

IAPT is a country wide government initiative to improve access to Talking Therapies.

How to access Health in Mind:

You can access Health in Mind either by asking your GP to refer you to the service, or contact Health in Mind directly in one of the following ways:

Telephone:

0300 00 30 130

Lines open Monday to Friday, 9.00am to 5.00pm

Email:

spnt.healthinmind@nhs.net

Visit our website:

www.healthinmind.org.uk



If you require this document in another format such as large print, audio or other community languages please contact: 0300 00 30 130



Finding it hard to think positively?

Feeling stressed?

Not performing your best at work?

Wishing things could be different?

Lacking motivation?

Are you OK?

Strained relationships?

Life feeling hard?

Feeling under pressure?

Less time for things you enjoy?

Have a lot on your plate?

Building Self-Esteem and Confidence



Low self-esteem and self-confidence can have a major impact on our lives. They can affect relationships, our social lives and the way we are at work.

About this course

This is a cognitive-behavioural therapy (CBT) course based on self-help books about overcoming low self-esteem and building confidence written by Melanie Fennell who is a leading CBT therapist. She writes: 'Being self-confident is not about being an extrovert, or thinking you're the most fantastic thing since sliced bread. It's simply about feeling happier in your own skin. Inner self-confidence...allows you to treat yourself with kindness and compassion and instinctively act in your own best interests.' (From 'Boost your Confidence').

"I found the Self-Esteem Group very helpful, more than I initially thought I would. We, as a group bonded very well and shared information that we felt comfortable sharing. I have learned a lot about myself from the work we have done and I intend to carry on using CBT techniques."

How is the course organised and what will I learn?

The course runs over eight weekly sessions, each 2 hours long with a 10 minute break.

Session 1: This looks at what it means to live with low self-confidence and self-esteem.

Session 2 and 3: These look at our worries and negative expectations about how things will turn out. We then try and change how we think about what might happen and what we do to cope.

Session 4 and 5: Those are about noticing self-critical thinking and finding ways to develop more helpful thinking, be fairer to ourselves and behave more confidently.

Session 6: We tend to focus upon what we do not like about ourselves, noticing our mistakes and what we do less well which affects our mood and confidence. This session helps to build a more balanced view, learning to notice the more positive aspects of ourselves.

Session 7: We all have standards or expectations about how we think we 'should' behave in day to day life. These expectations can sometimes be difficult to meet and leave us feeling worse about ourselves. This session will focus on ways of dealing with these expectations in a kinder and more supportive way.

Session 8: The final session provides time to review the course and plan how to take the learning forward.

"The group was very helpful. Everyone was very friendly and I have now started to believe in myself and am engaging in activities which I thought would never be possible."

Questionnaires and feedback

People are asked to fill in questionnaires about anxiety and low mood at each session. This enables us to both give you feedback about your progress and evaluate the course. We also welcome any comments or suggestions you might like to share about the course.