



## Resources – Self-esteem

- <https://ideas.ted.com/5-ways-to-build-lasting-self-esteem/>
- <https://www.nhs.uk/mental-health/self-help/tips-and-support/raise-low-self-esteem/>
- <https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/tips-to-improve-your-self-esteem/>
- <https://www.inc.com/lolly-daskal/19-simple-ways-to-boost-your-self-esteem-quickly.html>
- <https://www.scienceofpeople.com/self-esteem/>