

TEEN WELL BEING

A Handbook for Optimal Living
by Consummate Health

RECLAIM CONFIDENCE
and
SELF ACCEPTANCE

PRACTICAL ADVICE |
STRATEGIES | EXERCISES

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INDICATORS OF A LACK OF CONFIDENCE

You feel inferior to other people

You find it hard to talk around others

You avoid looking people in the eye

You self criticise a lot

You have a fear failure

You can be inappropriate and loud socially

You adopt defensive postures - cross your arms and lean back from others

You apologise for yourself a lot

You don't stand up for yourself as much as you'd like

—”

Mum is always saying, "look at other people when they speak to you."

”—

”

My marks aren't as good as they could be

”

”

My friends say I'm an attention seeker when we go out

”

Other people are better at _____ (anything) than me

”

LACK OF CONFIDENCE, WHY?

Confidence, like everything else, can really fluctuate during the teen years.

When you lack confidence in yourself, you lack trust in yourself and your abilities. You can see yourself as lacking compared to others, less than.

During intense periods of low confidence you can even despise yourself.

These perceptions can prevent you rising to a challenge, accomplishing goals, attaining success in everyday life and making the most of each day's situations. They hold you back from truly enjoying your life.

This Handbook is designed to help you explore these situations and feelings, and outlines strategies and techniques that can assist in overcoming them.

WHAT RESULTS CAN I EXPECT TO SEE WITH THE CORRECT SUPPORT?

As individuals we differ in our response to support and intervention because we are unique. The tools suggested here have been selected based either on scientific evidence, their wide and successful use in clinical practice, or both. All have been chosen for their ease of use.

Results will depend on the extent and duration of experiences, as well as general health, environmental and social factors. With regular practise of exercises and techniques, and by implementing a few of the simple lifestyle recommendations, changes can usually be noticed in 2-4 weeks.

When shifts occur, exercises and techniques can be changed, used differently or gradually stopped. It's a way to adapt the techniques to your own pace and personality.

If you're unsure of your experiences in any way, or suspect an underlying physical or medical condition it's important to seek further healthcare provider or medical advice.

Do not stop prescribed medication without medical supervision.



Information and techniques in the Teen Well Being Programs should not be used to diagnose or treat medical conditions. Use is at discretion of the individual. Consummate Health may not be held responsible for inappropriate use of information in this Handbook.

STEP BY STEP GUIDE TO RECLAIM CONFIDENCE

STEP 1 **Become Aware**

Take time to get in touch with how you're feeling and to become aware of surrounding circumstances. Awareness is the first step towards change.

STEP 2 **Accept**

Don't self-criticise or expect yourself to behave differently. Start by accepting yourself, the behaviour that you're enacting and the situation.

Try not to judge or analyse, but see that this is how things are at the present moment.

STEP 3 **Take Action**

Awareness and non-judgement create a launch pad for action.

You will find techniques, strategies and tips in this guide to help you understand behaviours and to effect change.

Read through the guide and review the Action Plan. Choose one self care exercise that seems easiest for you to follow and start to practise it every day.

Be consistent. A little every day is better than more infrequently.

STEP 4 **Check In**

5-7 days after starting an exercise, assess your progress. Take 5 minutes or so to complete the Check In.

Do this every 5 days, and refer back to previous Check In results to monitor changes in your feelings and actions.

STEP 5 **Keep Going...**

Review the feedback based on your Check In.

Choose another self care exercise from the Action Plan and add it to your routine, or follow the recommendations based on your Check In.



BECOME AWARE OF CIRCUMSTANCES



It may help to check whether you lack confidence or you have low self-esteem. You may have both.

When you lack confidence you doubt your ability to do certain things, to perform well. It may be that you need to improve your skill set, gain experience to undertake a task successfully or you just lack faith in your true abilities. You may have failed at something in the past and lost confidence that way.

Self-esteem is the way you appraise your self or self-worth. It's your perception of your value as a human being shaped by your personality and life experiences.

If you identify with low-self esteem you can certainly still follow the low confidence exercises, but may need to work with this condition more specifically.



ACCEPT

The key to confidence and high self-esteem is unconditional self-acceptance.

Acceptance of self comes with acceptance of your perceived flaws and shortcomings or parts of yourself you would love to change but can't. You value yourself without condition. Value is not dependent on what you do or say. On whether you succeed or fail at any given task.

If you would like to deal with low self-esteem further, please contact Consummate Health directly: chealthadvice@gmail.com



TAKE ACTION

Read through this entire booklet then choose one self care exercise from the Action Plan that seems easy for you to follow. Practise and become familiar with it. Then do this exercise every day for 5-7 days.

*One technique, practised consistently
can make a positive difference.*

CONFIDENCE IN ACTION



MEDITATION

Listen to the Confidence Guided Meditation that came in your Teen Confidence pack.

As 85% of external stimuli is eliminated when your eyes are closed, this is the most effective way to listen to the meditation. With less stimuli to process, your brain doesn't have to work so hard to change its patterns of thinking.

Allow 10-15 minutes for this exercise. Sit somewhere comfortable for you, take a few deep breaths, close your eyes and start listening to the audio.

If initially you find this difficult, the guided meditation will still have a positive effect if you have your eyes open. Alternatively, play it in the background while studying, on your computer or just lounging around.

Research shows that regular meditation assists physical, mental and emotional health in many different ways and can promote creativity and successful endeavours.

Start by playing once a day. Over 3-10 days increase to twice per day.

ESSENTIAL OILS

Essential oils have strong therapeutic value and require no real effort to reap the benefits.

An electric oil heater, vaporizer or diffuser makes it simple. Add a few drops of the Teen Confidence oil to your chosen heater and leave it to diffuse into the room while studying, socialising, having some downtime and especially when listening to the Guided Meditation.

If you don't have a diffuser or if you're on the go, place a few drops of oil onto a handkerchief or tissue, and wave it under your nose as you take 3-4 deep breaths.

Use the Teen Confidence Oil daily to invigorate a strong sense of confidence and buoyancy.

POSITIVE PATHWAYS

Are you talking yourself down?

Condemning yourself and telling yourself you are not good enough registers as negative stress in your body. Not only do you feel emotionally bad, but these thoughts are literally harmful to your health.

"As your feelings change, this mixture of peptides travel throughout your body and your brain. And they are literally changing the chemistry of every cell in your body."

Candace B Pert, Ph.D, author of *Molecules of Emotion*.

What does this mean?

Peptides are bits of protein, and proteins affect the function of pathways in the brain.

Negative thoughts or feelings experienced today, can affect the networks in the brain, which in turn influence future experiences.

So, what action can you take?

When you catch yourself criticising who you are or what capabilities you have, take a deep breath and think of something that you really like about yourself. Or something positive that someone has done for you. This is also a great way to restore confidence if you've been subjected to unkind words or belittled by someone, either in person or on social media.



Be consistent. You may not counter every thought, but with every positive response you will build and strengthen pathways in your brain that are associated with happy emotions and feeling good.

VISUALISATION and RELEASE TECHNIQUE

What does a lack confidence feel like to me?

Do you feel or see it in your body as a shape, colour or image? As a particular emotion or sensation?

A heaviness all over or a tight head? Maybe you feel agitation, an ache or a sense of constriction. See a washed out colour or dark shadows.

There are countless ways people experience lack of confidence, and even though your way is unique to you, the experience is shared by people everywhere.

Hold in your mind for a few moments:

- A situation where you felt lack of confidence.
- A feeling or emotion that you associate with lack of confidence.
- A colour linked to your lack of confidence.

Now breathe in through your nose then blow all the inhaled air from your lungs through your mouth. Making the outbreath as audible or noisy as you want to be. You are blowing out the thing that you want to get rid of. Decide on the length of outbreath that best suits you. It can be short and sharp and or long and slow.

Now repeat the releasing breath several times at your own pace.

Remember you are expelling that thing which you no longer want in your life. You are removing the particular block, emotion or circumstance from your life.

Take a moment to appreciate that the obstacle has been released.

Repeat this process regularly until you feel a genuine shift in how you view yourself.

TUNE IN TO YOUR THOUGHT FREQUENCY

What are you saying to yourself?

Is your internal dialogue positive and supportive of you and your talents, or is it critical, judgemental or unkind?

It's no surprise that negative self talk can be detrimental to confidence—but it can be changed.

When you catch yourself engaging in critical self-talk, take the comment and reframe it in a positive way. So,

"I'm hopeless at talking to a group of people"

becomes

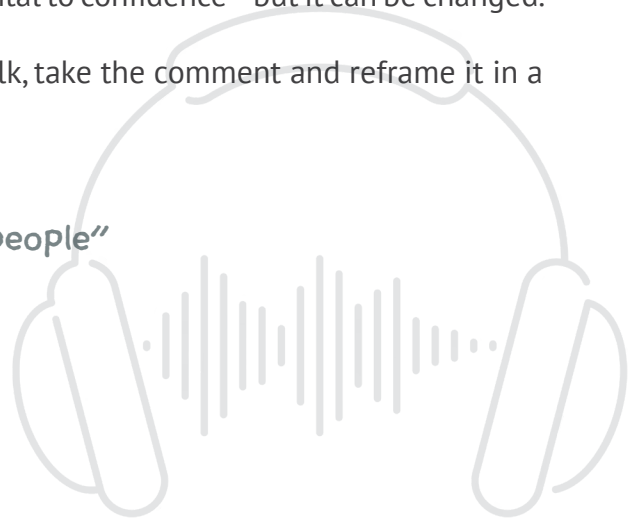
"I like talking to people one on one."

Or,

"I know I'm going to fail"

becomes

**"It never turns out as bad as I expect and anyway,
every one falls short sometimes."**



Don't expect to reframe every single thought that comes into your mind. Start by actively 'tuning in' to your internal dialogue for a short burst, every day.

Research shows that only 5 – 16 minutes a day of focused tuning in and meditative capturing of thoughts means you are more likely to engage with the world and encourages a more positive perspective.

RED RADIANCE

Manifest confidence to others as a way to boost your self perception.

Red is the colour with the longest wavelength and is associated with the musical note G (below middle C).

When we wear red we come across to others as dynamic and confident. Try a red jacket, or maybe a pair of red sneakers. If you can't bring yourself to wear something red then try writing with a red pen, or imagine and hold the colour red in your mind for a few seconds, several times a day.

Just remember though, red is not such a good colour to be around if you are feeling frustrated or angry. It might make you even more irritated than you already are. Try the colour green in its place.

PHYSICAL ACTIVITY

Don't forget to move your body!

The feel good hormones—endorphins—released when we exercise, can have a significant and uplifting effect on confidence levels. Aim to do some kind of physical activity—walk, jog, swim, ride a bike, play sport, yoga—every day for an average of 20–30 minutes, depending on your capacity.





CHECK IN

It's time to Check In. Every 5 to 7 days, take a few minutes to assess your feelings and behaviours. For each item below, rate your experience from 1 to 5, where 1 is least strongly agree or feel and 5 is most strongly.

Add together each rating and use the total number to review your progress.

<p>I felt more comfortable in a social situation this week.</p> <div data-bbox="518 562 1284 758"> </div>	
<p>I achieved a better than expected result for an assignment.</p> <div data-bbox="518 814 1284 1010"> </div>	
<p>I tried a new experience this week, or something that I've been putting off for a while.</p> <div data-bbox="518 1087 1284 1283"> </div>	
<p>I've noticed a change in my body's posture - my shoulders are not hunched, my chest feels more open and I'm making more eye contact with people.</p> <div data-bbox="518 1381 1284 1577"> </div>	
<p>I experienced fewer negative thoughts this week.</p> <div data-bbox="518 1633 1284 1829"> </div>	<p>TOTAL</p>



KEEP GOING

5-10

Lack of confidence is still challenging you. Don't worry, change can sometimes take a little time and persistence. To help you move forward at a faster pace:

- Accept how you are feeling at this moment. Remember not to criticise yourself or be disappointed with your present situation.
- Choose one of the other suggested exercises to do alongside the one you are already doing, and step up the number of times you do these exercises each week.
- Stand tall with your head held high to encourage confidence.
- Set yourself one goal, choose a date to achieve it by and do your utmost to meet it. For example, start an activity that you have been putting off.

11-15

You may not know it quite yet, but the foundation of confidence is being laid down now.

- Take time to congratulate yourself on what you have already accomplished.
- Select a family member or friend with a positive attitude and talk to them about how you are doing and feeling.
- Try another exercise alongside the one you are currently doing and alternate the two regularly through the coming week.

16-20

Pat yourself on the back for all the progress you've made. To help increase confidence further:

- Choose one of the other suggested exercises and do it alongside your present one.
- Bring to mind a time during the past week when you felt a strong sense of accomplishment at your level of confidence and then spend a few moments enjoying the memory of it. Completely immerse yourself in the feeling.

21-25

What you are doing is working.

- Keep going with your present exercise or switch to another one to enhance confidence.
- If you have achieved your optimal level of confidence change the way you use the exercises. Use one or more every so often; say weekly or monthly, rather than every day, to maintain strong self acceptance.

**“Whether you come from a council
estate or a country estate,
your **success** will be
determined by **your own**
confidence and fortitude.”**

-MICHELLE OBAMA