

# Identity, Mental Health, and Self-Esteem



If you don't feel accepted, seen or understood, it can affect the value you place on yourself. Be open about how people make you feel, and what you need from them

Your identity is yours to own, to shape, and to grow



Role-modelling tolerant behaviour is a really powerful way to own your identity, and help others own theirs

We could all benefit from embracing our imperfections, owning who we are, and being more human



If there are parts of who you are that don't contribute to good form, remember that we are always evolving

We can all learn to be more patient; more compassionate; more understanding



Get to know yourself – your beliefs, values, priorities, interests and passions – so deeply that no one can shake your identity

Never try to change yourself to meet someone's else's expectations



If someone confides in you, never discourage them from expressing themselves

Be open to understanding different viewpoints, even if you don't share them

