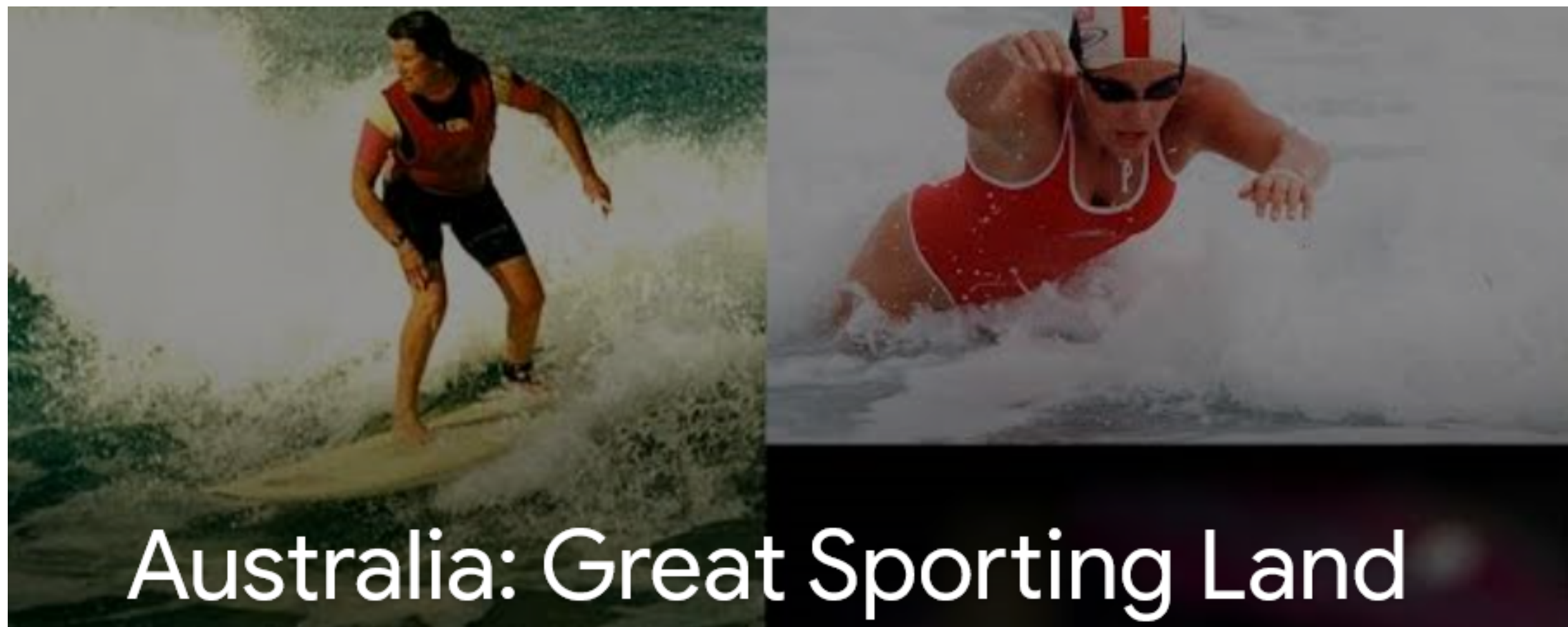


**NOT
SURE?**

electrogroup Q&A

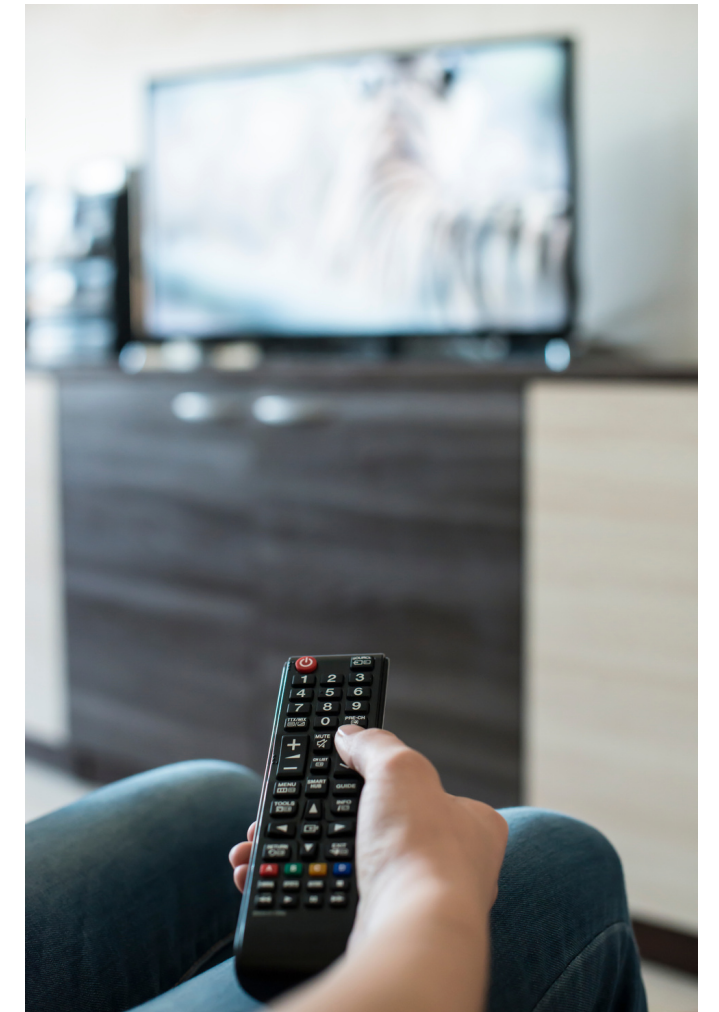
Physical Activity & Self-esteem

No matter what the *Physical Activity*, participating in it, makes us feel better!



Get up, Get moving & Get Active

"Sport participation by Australians is becoming increasingly passive. Australians need to put down the remote control and mobile devices and head outdoors for a half-hour walk". Dr David Hughes, AIS Chief Medical Officer



Put the remote down
and
find your 30 minutes
of
physical activity every
day.

Why Physical Activity?

Physical Activity can increase the flow of Endorphins in the brain. Endorphins are the hormones that are responsible for feelings of *euphoria*, *modulation of appetite*, *the release of sex hormones*, and *enhancement of the immune response*. With high endorphin levels, we feel less pain and fewer negative effects of stress.

Why is being active good for me?

The more active you are, the greater the benefits could be. How might you and your family benefit from being more active?



Reduce risk of cancer



Keep a healthy weight



Improve mood and reduce stress



Boost energy



Reduce risk of dementia and depression



Reduce risk of osteoarthritis



Reduce risk of falls in older adults



Socialise



Develop new skills



Self esteem!

Self esteem is about seeing your good qualities, being comfortable with your weaknesses and doing your best with what you have. Hear young people talk about self esteem, what low self esteem looks like and improving yours and your mate's self esteem. This video also features Scott Tweedie and **headspace** ambassador's Nick Bracks, Dan Jackson, Ash London and Tyla Bertolli. **Watch it**



Self-Confidence not Over-Confidence!

Self-confidence is a state of mind, it is the part of us that says “I can do that”.

It comes from experience, by doing a task over and over, but in order to achieve self-confidence you need to:

- 1) Take care of your own health, nourish your body with good food
- 2) Practice good personal hygiene (brush your teeth often, shower, take care of yourself)
- 3) Be patient with yourself, while you learn
- 4) Set goals, and try achieving them
- 5) Do positive self-talk. You got this!
- 6) Learn a new skill
- 7) Do not listen to people that try to put you down and discourage you
- 8) Take feedback on board, ask yourself if you can do anything better
- 9) Do not take things too personally
- 10) Practice a sport or a hobby
- 11) If you are struggling about finding self-confidence, it is a good idea to talk to someone about it.
A counsellor, or a psychologist could help you with this.

7 Tips for achieving self-confidence during your Apprenticeship

- Show interest and ask for feedback
- Learn a different way of doing the same task
- Get yourself a quality role model
- Remember, it's OK to make mistakes at work - but learn from them!
- Create meaningful relationships at work. Help your workmates, ask your Supervisor if you can do anything else.
- Show enthusiasm and participate! Be on-time! Be reliable!
- Ask for help and don't start any job that you are not sure about.

Need Assistance?

Your Field Officer

Employee Assistance Program

More Resources

[How sport contributes to better self-esteem](#)

[10 tips for improving your self-esteem](#)

[Self-Esteem: Beginners Guide for Men, Women and Teens to Build Self-Esteem and Confidence](#)

[Self Esteem for Men: A Self Help Method to Develop Self Confidence and Improve Your Motivation](#)

[The self-esteem playlist](#)

[SBS website: self esteem](#)