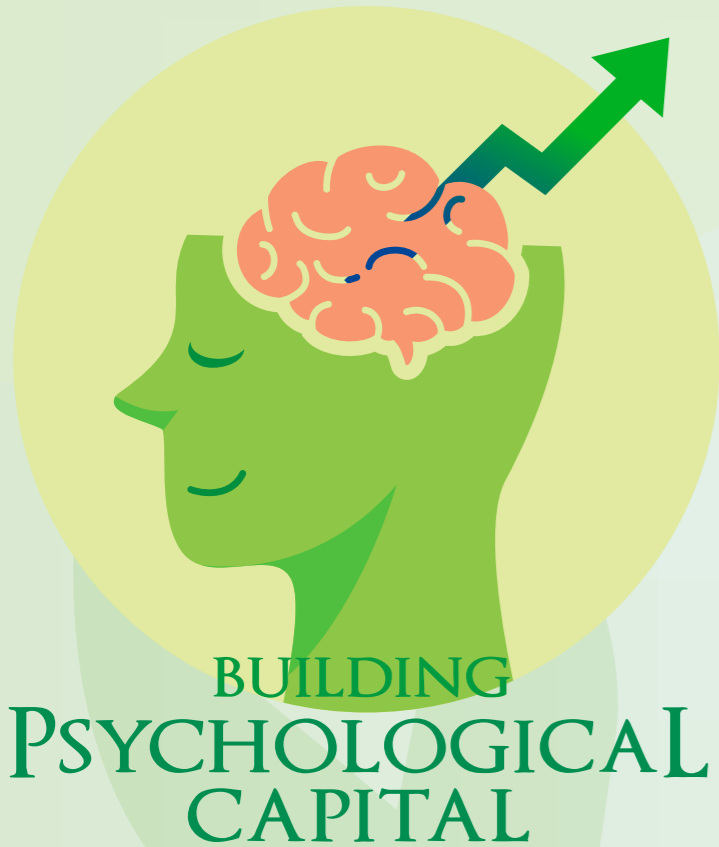




**WORLD  
MENTAL  
HEALTH  
DAY 2020**  
Mental Health for All  
Greater Investment - Greater Access



**BUILDING  
PSYCHOLOGICAL  
CAPITAL**

## SELF-CONFIDENCE

#WorldMentalHealthDay  
#MentalHealthForAll



آغا خان یونیورسٹی

THE AGA KHAN UNIVERSITY

If there is one attribute that all of us aspire to have, it is self-confidence. We admire people who seem assured, contented and energetic.

### UNDERSTANDING SELF-CONFIDENCE

Self-confidence is believing in oneself. It is based on the trust we have in our potential and abilities for successfully meeting the challenges of life.

*It comes from knowing our strengths and weaknesses, and having a positive attitude towards both.*

Self-confidence does not mean that you can do absolutely anything - nobody has the potential to do everything in this world equally well.

*A secure sense of confidence acknowledges personal limitations and does not consider them embarrassing or shameful.*

Self-confidence is not the belief that you are the best, instead, it means knowing what is good about you and working to make it better.

*People who lack self-confidence avoid challenges, do not take initiative and lose hope easily after a failure.*

They miss out on important opportunities in life and cannot make the most of the ones that they do get, making it difficult to succeed in life.

### INSECURE SELF-CONFIDENCE

Sometimes people come across as confident, or even over-confident to the extent of appearing proud or arrogant. This happens when they feel insecure inside, but consciously or unconsciously present a completely different picture to the world.

*Insecurely confident people derive satisfaction by assuming superiority over others, holding unrealistically high views of themselves, and being extremely offended by criticism.*

Insecure confidence also shows as being rigidly perfectionist. For these people, doing things perfectly is necessary to feel worthy.

### BUILDING SELF-CONFIDENCE

#### Focus on Positive:

Make note of your efforts and successes. Do not discount compliments that people offer to you. Applaud yourself for the progress you have made instead of holding on to the negative.

#### Take risks:

Every success that happened had a potential for failure. Avoiding challenging situations remove all opportunity for growth. Failing does not mean you stop – it means you try again or use a different strategy.

#### Manage Self-talk:

Beware of the inner voice commenting when your efforts do not bring you success. Change the language that labels you, exaggerates the negative outcome, or gives hopeless messages.

#### Take criticism positively:

Analyse criticism for the value it may bring to your future efforts and seek opportunities to learn from it. If you can't agree, ask someone.

#### Stop comparing:

Everyone has different potential and life circumstances. Focus on your own skills and opportunities and beware of social media – it is hardly an accurate representation of real life.

#### Find Inspiration:

Use quotes, talks or stories of successful people to get inspired and develop growth perspective.

#### Set Realistically High Goals:

Make goals that are achievable but not too easy. Stretch yourself to get a sense of mastery and accomplishment.

#### Act Confident:

The way you carry yourself affects how people perceive you – it also gives positive messages to your mind. Stand straight and look up!

**Want to assess the level of your self-esteem?**

**Click here**

### Mental Health Day Thoughts



“Today we renew our commitment to lifting each other up with compassionate care and kindness and invest in our

relationships as a community to win against the real impacts of the pandemic on mental health.”

-Dean, Adil Haider

### WHEN YOU CAN DO IT, BUT YOU DON'T

Having an actual ability may not directly translate into self-confidence or action. This happens when we hold a generally negative view of ourselves and thus do not benefit from our achievements. A lot of it depends on our self-esteem.

*Self-esteem is how much we value ourselves and the feelings that we get by thinking about ourselves.*

Having a low self-esteem makes people care too much about other people's appreciation and approval.

*Focusing more on outcomes rather than personal action and having a strong need to avoid failure is a major reason for capable people to miss challenging opportunities.*

They discount their achievements or positive compliments but get stuck on whatever wrong happens in their life leading to passivity and negative feelings.

**Counselling Services and Wellness Office**

Supported by Office of Student Experience Pakistan and Aurora (Student Mental Health Group)