

expert tips

# 12 ways to boost your confidence

IF THE PANDEMIC HAS KNOCKED YOUR SELF ESTEEM, FOLLOW THESE EXPERT TIPS TO HELP YOU REGAIN YOUR CONFIDENCE, SAYS **MATILDA HEAD**

## 1 Introduce affirmations to your life

"Start with three basic affirmations such as 'I am strong', 'I can do this', or 'I am loved' and practise saying them in front of the mirror each day.

This will remind you that you have every reason to be confident. Another tip I give to my clients is to spend your time doing something you love. If your time is spent working in a job you love, spending time with people you love, and engaging in hobbies you love, you will feel a great sense of belonging that will inevitably boost your confidence."

Ray Sadoun, mental health specialist at OX Rehab ([okrehab.org](http://okrehab.org)).



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## Find your yoga glow

"The 'yoga glow' is real (and not just from sweat!) It's about taking time for yourself, doing something that makes you feel great. When you feel truly present with your body, this helps build confidence and focus your mind.

Deep and calming breath work will enable you to feel stronger and more grounded and you will start to walk and talk proudly, with your head held high and your chest open."

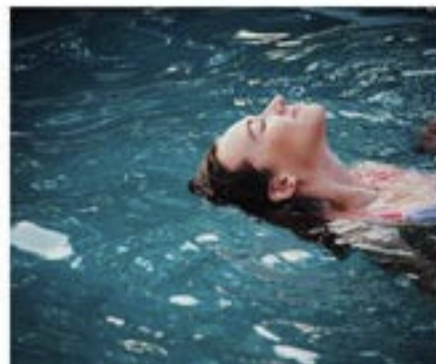
Kat Ferrants, founder of online yoga platform [Movement For Modern Life](http://MovementForModernLife.com) ([movementformodernlife.com](http://movementformodernlife.com))

## 3 Believe in yourself

"Confidence is about trusting yourself. Can you trust that whatever happens, you'll handle it?"

Trusting yourself comes from experience. You can build it up by starting with small daily actions that take you towards an area you want to feel confident in. Each time you complete a mini action, you are building trust in yourself and your confidence will grow symbiotically."

Lyndsey Whiteside, master life coach ([lyndseywhiteside.com](http://lyndseywhiteside.com))





## 4 'Tapping' for confidence

"EFT (Emotional Freedom Technique) – also known as 'tapping' – is an energy psychology technique involving physical taps on certain body points. It can be beneficial for confidence boosting as it helps you to transform your negative beliefs and thoughts into more positive ones as you couple the acupressure technique with positive affirmations.

"Tapping these meridian points while repeating positive affirmations out loud helps to remove the emotional or energetic block from the body's bio-energy field to help restore homeostasis and balance the body."

Rochelle Knowles, founder of Mindful Eyes  
([mindful-eyes.com](http://mindful-eyes.com))

## 5 Trust your intuition

"We all have an inner satellite navigation (aka our intuition) that guides us. Often, we ignore it – especially if it is telling us something our ego doesn't like! Learning to tune into and trust our intuition creates a deeper connection with self.

"If we learn to trust ourselves it affects our core confidence and as a result how we navigate our lives and make decisions. We begin to strengthen our emotional health. Creating a daily meditation practice even for just 10 minutes is a great way to tune out the noise and strengthen your intuition."

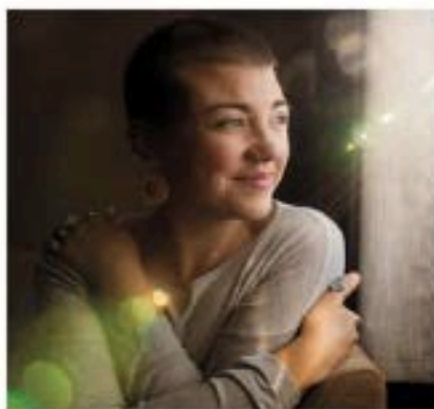
Success Coach and NLP Practitioner, Victoria Watson  
([victoriajaneatson.com](http://victoriajaneatson.com))

## 6 Practise makes perfect

"We've lost some of the confidence that helps us to navigate our world – both the joys and the difficulties – and the easing of lockdown may provide something of a sensory overload.

To find that you're struggling with seemingly everyday things might even come as a surprise, and the fact that it's unexpected probably makes it even more daunting. Take your time and look for ways to practise rebuilding your confidence. Start small and build your way up."

Kirsty Lilley, mental health expert at CABA  
([caba.org.uk](http://caba.org.uk))



## 7 Be kind to your body

"Let's ban self-loathing! Stop self-sabotaging! Knowing your faults and being able to see through it is a huge step in self-acceptance.

But as an aesthetic doctor and a psychiatrist I see so many patients loathing their bodies and actively trying to find faults. This really interferes with body confidence and leads to self-harming. So, I always urge my patients, and myself, to be kind to yourself and to only use positive language when referring to your body. It's crucial! Words have power!"

Dr Galyna, cosmetic doctor and psychiatrist @dr\_galyna

## 8 Take the leap of faith

"Many people seek to build their confidence in order to take a particular action – ie, 'I want to be more confident in order to change jobs, seek a new relationship or engage in public speaking.'

But to feel more confident, you need to simply reverse this process – ie, the action comes first. Take that leap of faith – step out of your thoughts and into action. Once you are 'doing' you will feel empowered from the step you've taken and your confidence will naturally build."

Leap of Attraction coach Carlyne Bennett,  
([carolynebennett.com](http://carolynebennett.com))





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Law of Attraction coach **Carolyne Bennett**,  
[carolynebennett.com](http://carolynebennett.com)

