

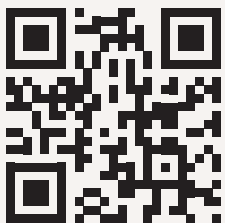
How To Increase Your Self-Esteem / Self- Acceptance

Love
yourself

Practice the following tips to increase your self esteem

- Each day record 3 things you achieved / are grateful for
- Do something you enjoy and are good at
- Find something that makes you laugh
- Practice a relaxing activity
- Make time to meet up with trusted friends and family
- Think positively - challenge your negative thinking

Remember you can call GDP-Care for support on a variety of issues -
or go online at validium.com to check out vClub



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