

# Becoming Me

A self guide to  
looking after your  
Mental Health as  
you are growing up.



# Becoming Me

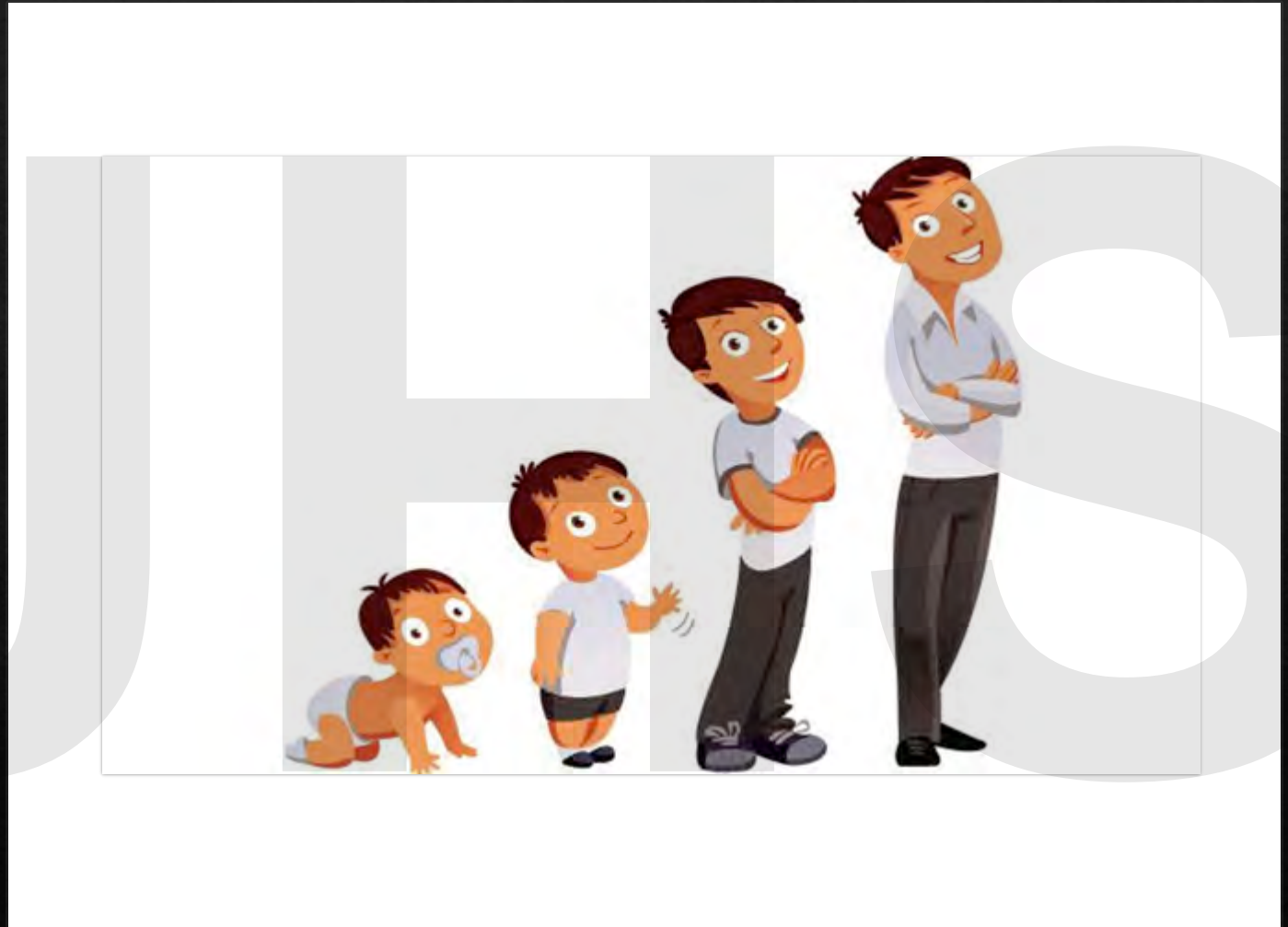
It's not until the age of three that we start thinking of ourselves as individuals with our own unique qualities and tastes.

Your sense of 'self' develops with age and as the older you get the likely you are to ask more questions about what it means to be you.



# Becoming Me

Discovering who you are and shaping your own identity takes time and it is a process that doesn't stop at a certain age. People's identity changes and develops throughout their lives.



# Becoming Me

Some of the biggest changes come during and after puberty when your body will change shape and size; your brain makes new connections and creates hormones that change the way you feel and act too.

You will be meeting new friends, making some big decisions, thinking about what pathway/job you may want and considering what sort of adult you want to be.



# Becoming Me

For some it can be a confusing time but also an exciting one too. It is a chance to experiment with who you are; clothes, music, hobbies, meet new people, travel, reading, researching the world, jobs and earning money, making subject choices, becoming more independent or to appreciate those people in your life that make you safe or laugh.



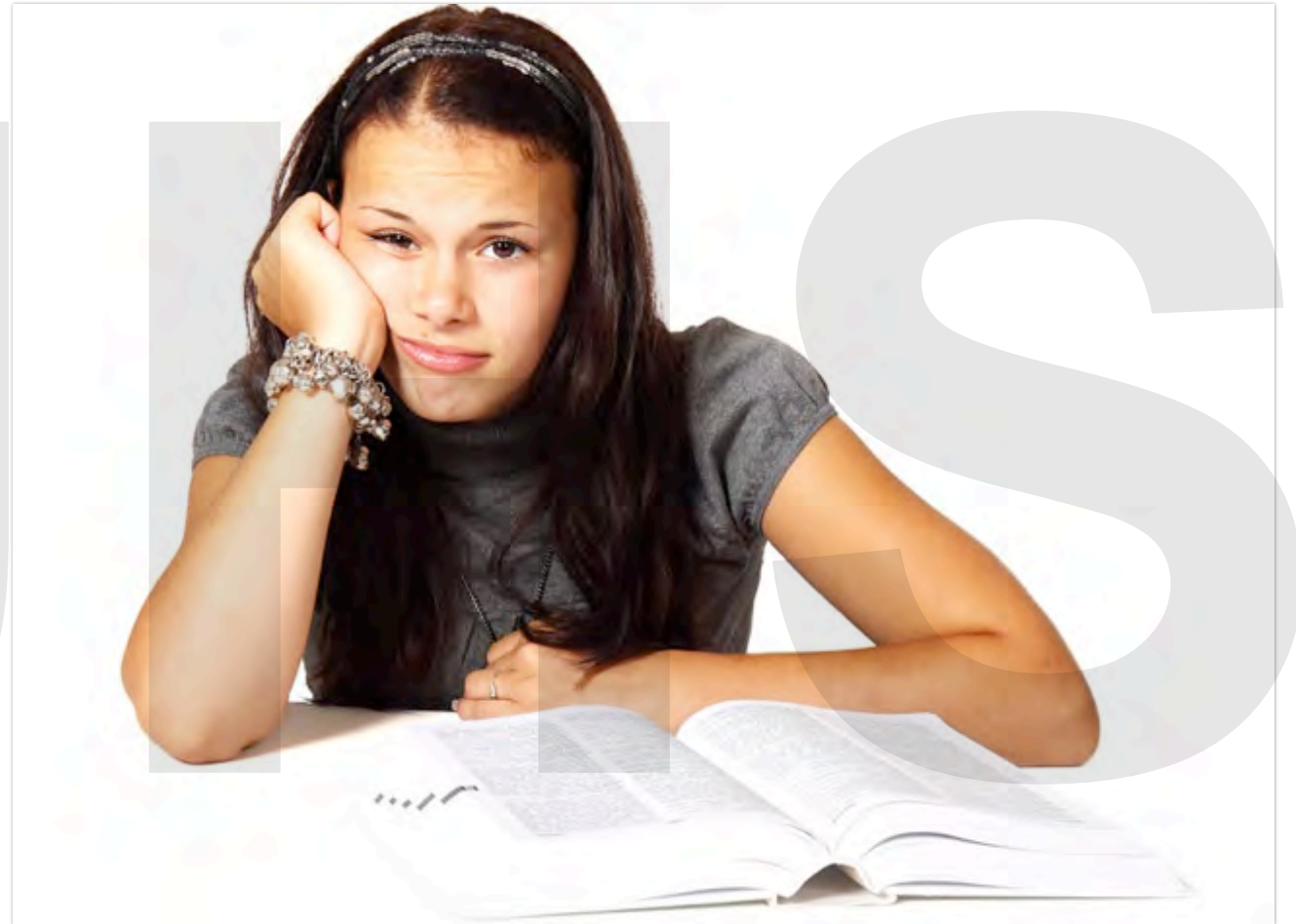
# Becoming Me

Remember

You are work in progress

Becoming you takes time and it is ok not to have everything worked out or to feel scared and uncertain.

Some will find life confusing or overwhelming, tell yourself that everything is ok because most people feel like that from time to time.



# Becoming Me

An important part of 'finding you' is working out how you fit in with other people. The need to belong is a powerful human urge but so is the desire to be special, unique or one of a kind.

Balancing these two feelings can be difficult especially in places like school.



# Becoming Me

Questions;

What clothes to wear, what music to listen to, what to do with free time, how to behave, resisting dangers, not to be in too much of a rush to grow up, not making poor choices, who to listen to, who to ignore, who to love, who to trust, what to spend money on, what to stand up for, how to be a good person or what is important in life to you?





# Becoming Me

## Self Esteem

This is an opinion we have of ourselves. Having high self esteem does not make you a 'big head' or 'the greatest person on the planet' it just means you believe you are important, worthwhile and have positive thoughts about you and your future.

I ♥ ME

# Becoming Me

## Self Esteem

Having low self esteem might mean feelings of guilt, shame, embarrassment, lack of love or low in confidence. These do not mean you are a bad person; everyone feels this way from time to time. If your negative thoughts are very loud or you think them for a long time, please talk to an adult you trust.



# Becoming Me

It's so easy to look at someone else and think that they are living an amazing life. Yes, some people are lucky or fortunate, but most people must work very hard to project confidence and self esteem.

Do you think your form teacher, Mohammad Ali, The Stereophonics, Alun Wyn Jones or Katherine Jenkins have always been confident people living lives without mistakes?



# Becoming Me

When you are at school or out socializing you might think that everyone is looking at you, noticing your flaws in your appearance or personality.

This is common to lots and lots of people and is called an *Imaginary Audience*

You think people are judging but they are just getting on with their own life and conquering their own worries.



# Becoming Me

Examples;

*You think; 'Will people notice my hair hasn't been washed?'*

They are thinking; 'What's for tea today?'

*You think; People will comment that my top is not very nice'*

They are thinking; 'Only 20 days until my birthday'

*You think; 'People will talk about my complexion'*

They are thinking; 'If I had a pet dog, I would call him Fenton'

# Becoming Me

Video

Boys even though the girls are the stars listen to the advice and in some cases just flip the messages they are giving to suit you;

[https://youtu.be/  
AbqT\\_ubkTOY](https://youtu.be/AbqT_ubkTOY)

[https://youtu.be/  
qZReSFGnma4](https://youtu.be/qZReSFGnma4)

