

Feel Good About Yourself!



CAN YOU GIVE ME ANY GOOD TIPS?

An information leaflet
for young people with
spina bifida and/or
hydrocephalus

Growing up isn't easy

As you grow older, your body, mind and feelings are going through many changes. It can be a confusing time – but it can also be an exciting and challenging time.

Like yourself

How you see yourself will be affected by the things that happen to you and relationships you have at home with your family, at school and in your local community. Some of these will make you feel good about yourself – others not so good.

You need to know and like yourself – then you will be able to cope much better with other areas of your life.

It's good to share your feelings, even when it seems others may not understand. If you feel you're the only one with a particular problem, try talking to family, friends or a teacher – you're bound to find you're not alone in worrying.

Knowing yourself – Who am I?

You are an important **INDIVIDUAL** – with your own ideas, feelings and attitudes. There is no one else quite like you.

KNOW YOUR STRENGTHS

Make a list of your strong points. It might look something like this. Or you

might be good at completely different things.

GOOD POINTS

- Easy going and helpful
- Telling jokes
- Singing
- Swimming/Sport
- Being friendly

You can be proud of what you're good at.

NOBODY'S PERFECT

There are some things you won't be so good at – make a list of these. The list might look something like this (*but everyone's list will be different and yours might not have any of these things on it*):

NOT SO GOOD

- Tidying my room
- Being on time
- Brushing teeth regularly
- Not biting my nails

Try to think how you could do these things better. For example, make a note to brush your teeth after breakfast every day and before you get into bed at night. You could stick the note on your bedroom mirror as a reminder.

If you find it difficult to write these lists, or to think of how to get better at your 'not so good' things, ask a parent, friend or teacher to help you.

Be positive

If you're having a bad day do something from your list of things you are good at.



YES - YOUR BEDROOM!

Do something you enjoy – listening to your favourite music or chatting with a friend, for example.

Accept yourself

Everybody has things they would like to do or change. It's not just you who feels like this. Accept that there are some things you cannot do or change and concentrate on what you can do.

Everyone goes through stages of not liking how they look – it's something you must learn to live with, like having brown eyes when you wish for blue, or just a passing problem like teenage zits.

There is no shame in not being able to do certain things. Remember – nobody's perfect!

Take pride in yourself

If you know you look your best, it will help you to feel good about yourself and your life.

Take pride in how you look. Highlight your good points. Work out which colours and styles suit you best. Think about your hairstyle – ask a hairdresser for advice.

If you need some advice about making the most of your clothes contact **Awear** – included in the list of addresses on the right.

Make sure you (and anyone who may be helping you) have enough time to shower, shampoo, and choose your clothes carefully before you go out .

If you're feeling fed up, treat yourself to something new; a haircut, perhaps, or painting your nails, for example, won't cost much.

Some helpful hints

- ◆ BELIEVE IN YOURSELF AND THE THINGS YOU CAN DO WELL – THEN OTHERS WILL BELIEVE IN YOU TOO.
- ◆ MAKE THE MOST OF YOUR STRENGTHS.
- ◆ REMEMBER THAT YOU ARE

NOT ALONE. IF YOU HAVE DIFFICULTIES, FEEL LOW OR CONFUSED – GET HELP.

- ◆ TALK TO SOMEONE WHO YOU KNOW, LIKE AND TRUST.

Where to find out more

- **Youth Access** – for information on counselling and advice services in your area.
Telephone 020 8772 9900
- **Awear** – aims to ensure that disabled people have access to fashionable, affordable clothes which fit well. For more information, tel: 0115 953 0439
email: enquiry@awear.org.uk
- **Childline** – freephone 0800 1111
- Contact your **ASBAH adviser**, or nearest ASBAH office. If you don't know who to contact, telephone us on 01733-555988.

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Association for Spina Bifida and Hydrocephalus
Getting the most out of life