

Good morning and happy Monday team!

I hope you all had a wonderful weekend! This summer seems to be flying by. I am approaching my year mark here at the school, and I just want to thank everyone for their support. You all rock!

For a while, we have been talking about improving self-confidence. **Improving self-confidence is not a one-and-done kind of deal.** It is something we will have to **keep practicing** and are sure to encounter ups and downs along the way. Some days we will make mistakes, but when those days inevitably come, remember all the great things you are striving toward. Building confidence leads to less fear and anxiety, greater motivation, more resilience, better relationships, and a stronger sense of our authentic self.

#### Put it all together: Self-Confidence

1. Face fear in small steps
2. Prepare and practice
3. Reframe negative self-talk and develop new core beliefs
4. Body Language: Think warmth and openness
5. Observe the present moment
6. Practice acceptance and self-compassion
7. Remember your values

#### Moving Forward

- Stay in the moment: You can only take action in the present moment
- Develop long-term goals: First step is getting a sense of progress you have made
- Accept setbacks: When you hit a bump, at least that means you are going somewhere

Confidence is like a muscle: If you do not keep up with your exercises, you might find your skills weakening.

“One’s destination is never a place, but rather a new way of looking at things.”

- Henry Miller

Peace,  
Maggie

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Pronouns: she/her/hers

For an Emergency, Call 911 or the National Suicide Hotline: 1-800-273-8255

