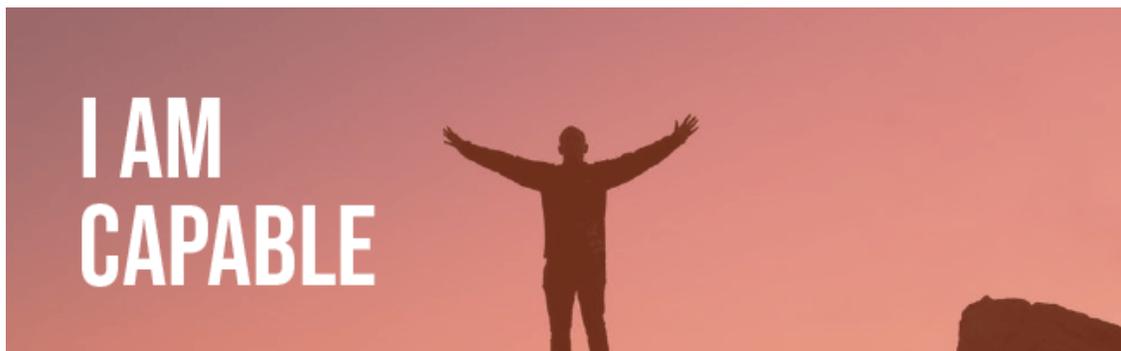




Do you see yourself through others' opinions? Do words like 'I'm not good enough' or 'What will they think of me' influence your life decisions? Don't feel disheartened. We all have heard these little whispers of self-doubt at some point.

No one's born confident. We all grow into it by having our own share of journey. According to a study, confidence is contingent - it varies from people to situations. For example, one might be confident in academics while not so much at public speaking.

So how does one foster confidence? Here are 4 mind hacks to adopt when feeling low on confidence.



1. Practise self-affirmation

A 2015 study states that "Individuals who experience self-doubt overly focus on imperfections and their fear of failure". Practising self-affirmation is as simple as saying positive things about yourself or situations that make you feel uncertain. Studies have proven that positive statements improve one's confidence and creative problem-solving.



2. Avoid over-apologising

According to psychology, people who over-apologise are often anxious and worry about offending everyone around them. This habit of saying sorry in turn reflects a lack of confidence and insincerity. Rather take a step back, phrase a firm yet compassionate reply and try to turn the apology into gratitude.



3. Talk to yourself

Have you ever stood in front of a mirror saying, "You are awesome," or "Today I'm going to rock that interview"? We all have done it but you'd be surprised to know that according to studies, mirrors induce a self-focussed state which increases Heart Rate Variability (HRV). Higher HRV is associated with a greater ability to self-soothe when feeling under confident.

4. Self-rewards

The journey to building confidence begins with self-appreciation and finding pride in even small things. We're often so tangled in our own negativity that we forget to celebrate small victories. Studies show that healthy pride represents a positive notion of self-worth.

So next time you feel inferior in anyway, follow this quick exercise to recognise and acknowledge things that you are proud of:

PRIDE LINE

Complete the following sentence:

I feel proud that
today I was able to

I feel proud that I
spend time on

I feel proud that I was
once able to help

Remember everyone struggles with confidence. It's not something that can be achieved overnight. Our experts are here to work with you and guide you 24x7.

CONNECT TO AN EXPERT NOW

In case of any queries/concerns, please feel free to write to us campus@yourdost.com.

**Standing with you,
Team YourDOST**
