## Giving Yourself a Boost

Many people tend to be hard on themselves, whether the result of being overly self-critical or having a tendency to ignore or discount positive achievements, however small – this is a particular feature of depression for some people. Others may have a tendency to ignore or discount encouraging compliments that other people give them. If this sounds like something that you do, try making a list of your achievements, *however small*, and any compliments you receive.

Practice just saying 'thank you' to anyone who says something good to you, and add the compliment to your list.

### List of Achievements and Compliments (*received*):

When you feel down, it may be helpful to look through this list.
You might find it encouraging, and it may give you a boost.
Don't forget to congratulate yourself when you do something that you are proud of.

John Butler – Consultant Nurse (2007)
PSI Resources: brief description of key interventions