



# Everyone is better than you

- Thinking everyone is better than you is a negative idea that is really not true.
- Feeling like everyone is doing better than you is really tough. It can make you feel like you are somehow failing. But everyone has their own journey, strengths, and challenges. If you focus on the complete picture you realise that actually everyone is not better than you. Here are some tips to help you:
  - Be proud of your own achievements, no matter how small they might seem.
  - Set small realistic goals and celebrate as you achieve them.
  - Recognise that everyone makes mistakes so be kind to yourself when you face challenges.
  - Social media can make it seem like everyone has a perfect life. People share only a small part of their lives that they want others to see. So if it makes you feel down have a break from it.
  - Share these thoughts and feelings with friends, family, or a trusted adult. They can help you see when you are judging yourself unfairly.
  - Focus on your own personal development. Become a better version of yourself not others.
  - If you have negative thoughts about your abilities, question those thoughts. Are they based on facts, or are they just assumptions?
  - Try to think about the positive aspects of your life and what you're thankful for.
- It is okay to have a few doubts and worries about yourself. It is not okay to think that you are not as good as others or unfairly compare yourself.

