



# Unlock your confidence

It's essential to our health, happiness, relationships and success at work, so why is it so hard to come by? **CHARLOTTE HAIGH MACNEIL** finds out where confidence comes from and how can you get more of it

**M**ost of us probably know a few super-confident people. Whether it's the 70-year-old in a leotard in the front row at Zumba, the pal planning a solo round-the-world trip, or the friend who's self-publishing his first novel,

confident people are usually the ones out there living life to the full. "Being confident means you have faith in yourself," says psychotherapist Gladeana McMahon. "You feel able to try new things, reach your goals and you trust decisions you make."

And if you're confident, you feel comfortable in your own skin. "You have self-belief and you understand your worth," adds clinical psychologist Linda Blair. "All this gives you the freedom to do what you want

to do, from changing your career to looking for a new relationship, so you're much more likely to lead a fulfilling, content life." Confidence can even impact on your health.

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to unhealthy behaviours," says McMahon.

And lacking confidence can limit the way that you live. "It's how you measure your ability to cope, so a lack of confidence can be exceptionally debilitating, making you feel you don't measure up in some way," says Dr Jessamy Hibberd, co-author of *This Book Will Make You Confident* (Quercus, £7.99). You may live with self-doubt, a feeling you simply aren't 'good enough', which can spread through every aspect of your life,