Name _____

The Mirror of Self-Esteem: Nurturing Mental Health

Short Answer

1. Describe the impact of low self-esteem on a person's mental health.

2. How did Vincent van Gogh's struggles with self-esteem relate to his art career?

3. Name one strategy for building self-esteem and explain how it can help.

4. Explain why self-compassion is an important aspect of nurturing self-esteem.

5. Why is it important to surround yourself with positivity for building self-esteem?

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