

Name _____

The Mirror of Self-Esteem: Nurturing Mental Health

Open-Ended Response Questions

1. Reflect on a time when you faced self-doubt or low self-esteem. How did it affect your mental well-being, and what strategies did you use (or could have used) to improve your self-esteem?
2. Vincent van Gogh continued to create art despite his self-esteem issues. Discuss the significance of his determination and its potential impact on his mental health.
3. Share your thoughts on the role of mistakes in building self-esteem. How can learning from mistakes contribute to a healthier self-perception?
4. Discuss the importance of surrounding yourself with positive influences in the context of building self-esteem. How can positive relationships impact your self-esteem and overall well-being?

