

Name _____

The Mirror of Self-Esteem: Nurturing Mental Health

Short Answer Key

1. Low self-esteem can lead to feelings of anxiety, depression, and self-criticism. It can negatively impact relationships, work, and overall happiness.
2. Vincent van Gogh's struggles with self-esteem led to self-doubt and self-criticism, but he continued to create art, demonstrating his determination and resilience.
3. One strategy for building self-esteem is using positive affirmations. Positive affirmations can help challenge negative self-talk by reminding individuals of their strengths and accomplishments.
4. Self-compassion is important for nurturing self-esteem because it involves treating oneself with kindness and understanding, reducing self-criticism, and promoting a positive self-perception.
5. Surrounding yourself with positivity is important for building self-esteem because positive relationships can uplift and encourage personal growth, while toxic relationships can bring you down and erode self-esteem.

