

Name _____

The Mirror of Self-Esteem: Nurturing Mental Health

Open-Ended Response Answer Key

1. Answers may vary but could include: Facing self-doubt or low self-esteem made me feel anxious and less confident. To improve my self-esteem, I practiced self-compassion by being kind to myself and challenging negative thoughts. I also surrounded myself with supportive friends and focused on my strengths and achievements.
2. Vincent van Gogh's determination to continue creating art despite self-esteem issues is significant because it demonstrates resilience and a commitment to self-expression. His art may have served as a therapeutic outlet for him, potentially improving his mental health.
3. Learning from mistakes contributes to a healthier self-perception by reinforcing the idea that making mistakes is a natural part of life and does not define one's worth. It allows individuals to grow, adapt, and build confidence in their abilities.
4. Positive relationships can impact self-esteem and overall well-being by providing emotional support, encouragement, and a sense of belonging. They can boost self-confidence and contribute to a more positive self-perception. Toxic relationships, on the other hand, can erode self-esteem and lead to negative self-perception.

