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## **Beliefs In Yourself**

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## **BELIEFS IN YOURSELF**

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People who struggle with having a low self-esteem will struggle with their mental health. As someone who has struggled with low self-esteem almost my whole entire life, I always thought that I was alone, and I never really reached out to anyone for help. I was always afraid of speaking to someone about how I was feeling. My struggles started from my home life and it still continues to get to me today. I wanted to make something that can help others, like myself, and hopefully understand that this is something that many people struggle with. A low self-esteem is characterized by a lack of confidence and feeling badly about oneself. According to researchers Morris Rosenberg and Timothy J. Owens, who wrote *Low Self-Esteem People: A Collective Portrait*, people with a low self-esteem tend to be hypersensitive. They have a fragile sense of self that can be easily wounded by others. I want others who struggle with this to know that they are not alone. Feeling poorly about oneself affects your mental health, and it is important to reach out to someone about these struggles. I want to create four large posters and five or six smaller prints that express what it's like struggling with low self-esteem and/or mental health. The significance of this project is to show that others who also struggle through this aren't alone, feeling the way that one feels about themselves does affect your mental health, and it is very important to reach out to someone about the struggles that you are trying to overcome with.