

Who am I?





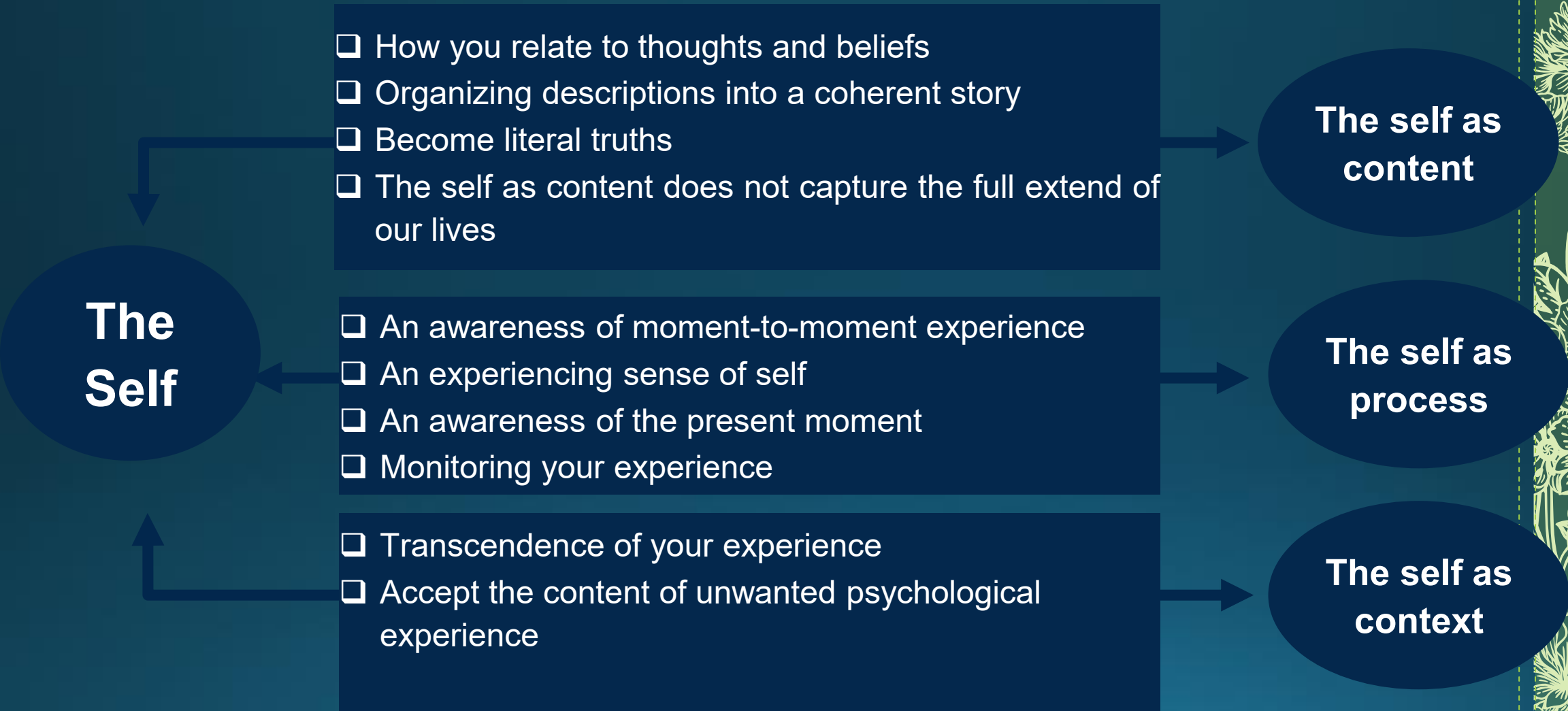
Mental health and the self

The emergence of many issues in people may be linked to a dysfunctional sense of self (Moran et al., 2018)

Believing one's self concept is fixed has been linked to higher levels of stress as well as feelings of exclusion (Yeager & Dweck, 2012)



Our different selves



Oh! the Places
You'll Go!

