

**SOCIAL  
MEDIA &  
MENTAL  
HEALTH**





**NEGATIVITY**

# MINDSET

Dr. Carol Dweck theory about the Growth Mindset.  
Based on people's beliefs about learning and intelligence.

## FIXED MINDSET

- Focused on the outcome/destination.
- Believe that where you are now is how it's always going to be.
- All or nothing mindset.
- No vision of future.
- Victim of circumstance.
- Negativity
- Effort = your not good enough

## GROWTH MINDSET

- Focused on journey.
- Failure is an opportunity to learn from mistakes. It informs your next action!
- Progress over perfection.
- Praise yourself for the EFFORT not the outcome.
- Be kind to yourself.
- Embrace challenges and persist.

# DEVELOPING A GROWTH MINDSET

All about the story we tell ourselves!

'I worked so hard on this post but it didn't get any likes.'



I learned so much from doing this artwork that I can carry into my next artwork!

'I've tried everything but nothing works.'

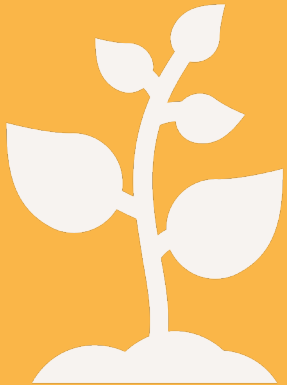


This didn't produce my desired results. What can I do differently next time?

'This artist is better than I am. I'll never be that good.'

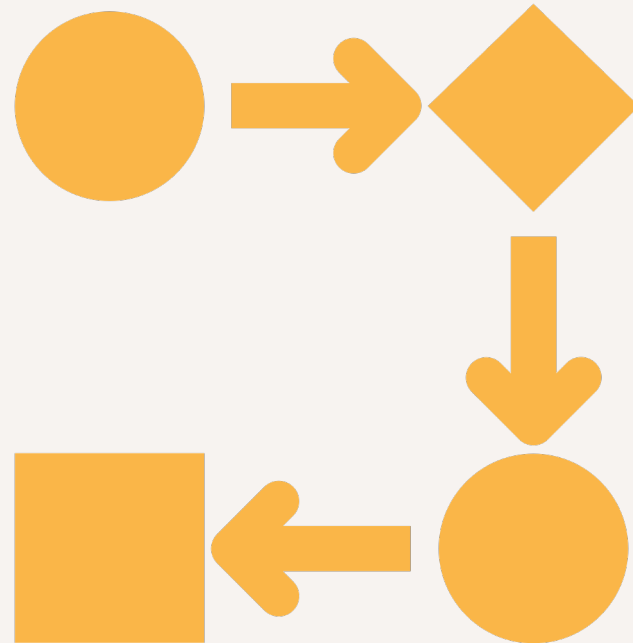


I'm at a different place in my artistic journey than this artist I like. I can't wait to see what my art looks like when I'm at their level!



# PATIENCE

- Enjoy the journey!
- Understand that your efforts and the actions you take now will shape your future.
- Trust in the process!



# BREAKS + BURNOUT

- Social media burnout
- Creating for social media, not for the sake of creating
- Stop enjoying the process
- Life outside art feeds creativity and informs your work
- Essential for creativity



# ASK FOR HELP!

- Reach out to other artists
- Join a community
- Build each other up!



Join my 21Draw Discord!

Invite link:  
<https://discord.gg/w3s6RGqyx3>

# TOP 3 TAKEAWAYS

Your well-being comes first.

Be yourself and enjoy creating.

Art improvement over social media.