

Main Takeaways Mirro Modules

Module 1: Self-Image

Exploring the module on self-image revealed the significant effects our self-perception has on our lives. A negative self-image can severely impact confidence, essential for seizing opportunities and achieving success. It also increases vulnerability to mental health issues like depression and anxiety, affecting personal and professional relationships. Lastly it affects your mood, which affects your whole personality.

Negative perceptions can cause a destructive cycle by diminishing one's view of their abilities, leading to underachievement. This cycle confirms and strengthens the negative self-image, creating a barrier to personal growth.

This module highlights the critical need for interventions that improve self-image, paving the way for greater life satisfaction and success, like positivity and power posture.

Module 2: Sleep Tight!

This module taught me about sleep and how my night-time habits can make it hard to sleep well. I learned what things stop me from sleeping well, like stress and looking at screens before bed. It also showed me different ways to sleep better.

One thing I learned that is interesting is that power naps are bad for you. One other thing I learned is to write your thoughts before bed to not worry.

Now I know some tricks to help me fall asleep faster, such as relaxing my body and mind before bed, and keeping a regular sleep schedule. These lessons are very useful for improving my sleep and feeling more rested every day.

Module 3: Anxiety

This module helped me understand more about anxiety and panic disorders. It taught me to recognize if I might be experiencing these issues myself. Most importantly, I learned practical tips to reduce or prevent these things. I also learned a lot about social anxiety, which is avoiding things that you do not need to avoid. Lastly I learned a lot about fear of failure, which I learned a lot about in self-image module, which comes back in this module.

I now know strategies like breathing exercises, staying active, and talking to someone when feeling overwhelmed. These can really help calm my anxiety before it gets worse. This knowledge is very valuable because it gives me tools to feel better and manage stress in a healthier way. I also learned a very good thing to do: a 3 minute time-out