

Annotated Bibliography

Hwang, Hyisung, and David Matsumoto. "Functions of Emotions." *Noba*, nobaproject.com/modules/functions-of-emotions. Accessed 9 Feb. 2022.

This article was about the importance of emotions and its functions. It discusses emotions, prepares us for action, influences our thoughts, as well as how they signal to others how we are feeling. Another important point is the role of culture on our emotions because of the cultural norms and rules we grow up with, culture plays a role in how we manage our emotions. This article was written by Hwang who is a Research Scientist at Humintell and Adjunct Faculty at San Francisco State University and Matsumoto who is a Professor of Psychology at San Francisco State University and Director of Humintell. This article is helpful to me because my project focuses on expressing oneself and emotions.

Ackerman, Courtney E., MA. "What Is Self-Image and How Do We Improve It? Definition + Quotes." *PositivePsychology.Com*, 6 Dec. 2021, positivepsychology.com/self-image.

This article was about self-image. Ackerman defines it, and distinguishes it from self-esteem, self-content, and how it is related to identity. She also talks about the importance of positive self-image and the disorders associated with it. At the end of the article is an extensive list of activities to help build a positive self image. This article was written by Ackerman who is an author and holds a Master of Arts in Positive Organizational Psychology. This article is useful to me because of its topic and how it discusses the importance of self-image and the negative effects it can have on us if we don't have or build a positive self image. This is useful to my project because I want my users to reflect on themselves and see themselves in a different light.

Ackerman, Courtney E., MA. "What Is Self-Expression and How to Foster It? (20 Activities + Examples)." *PositivePsychology.Com*, 5 Feb. 2022, positivepsychology.com/self-expression.

This article talks about self expression. Ackerman defines it and discusses self expression values and how it differs in different countries. She also mentions the importance of it and how the importance differs by location and culture. Ackerman also provides suggestions about how to develop self expression in children and how to increase self expression in adults. This article was written by Ackerman who is an author and holds a Master of Arts in Positive Organizational Psychology. This article is useful to me because it helps me think about self expression and how my project focuses on having users express themselves.