

OUR MISSION STATEMENT

At Mental Wellness and Cosplay, our mission is to empower the cosplay and convention community by promoting mental health awareness, providing wellness education, and fostering inclusive spaces for healing and connection. We strive to break the stigma around mental health, support neurodiverse individuals and those navigating Substance Use Disorders, and celebrate cosplay as a transformative tool for recovery, growth, and community building through engaging panels, activities, and resource connections.



WHERE TO GET HELP

Suicide and Crisis Lifeline - 988

A free, confidential, 24/7 hotline that connects callers with mental health professionals.

Veterans Crisis Line - 988 option 1

24/7, confidential crisis support for Veterans and their loved ones.

SAMHSA's National Helpline - (800) 662-4357

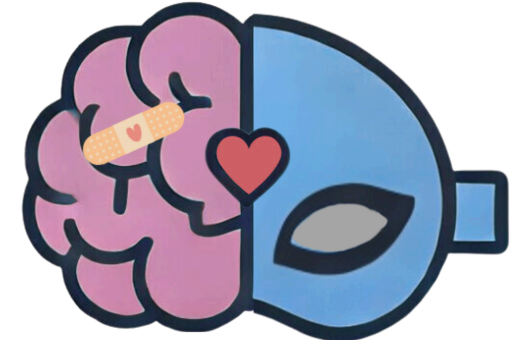
Get help for mental and substance use disorders, prevention, and recovery.

Crisis Text Line - Text "4hope" to 741-741

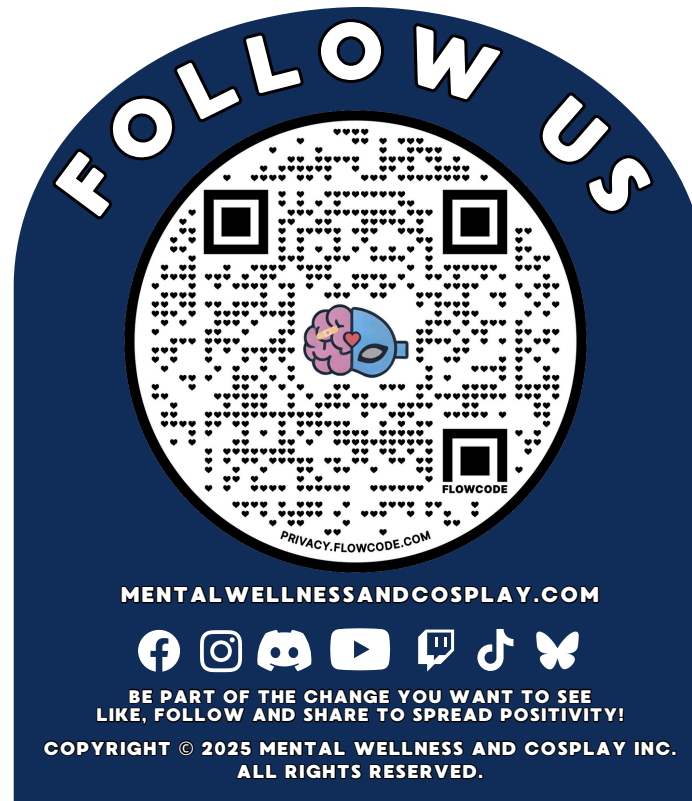
Ohio's Department of Mental Health and Addiction Services free, 24/7 crisis support.

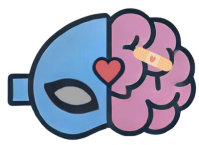
PERFECTIONISM IN COSPLAY: ACCEPTING IMPERFECTIONS

MENTAL WELLNESS



AND COSPLAY





PERFECTIONISM IN COSPLAY: ACCEPTING IMPERFECTIONS



1. Focus on What You Love About the Costume

- Instead of fixating on minor flaws, celebrate the parts of your cosplay that make you feel proud and happy. This shift in focus can ease pressure and boost enjoyment.

5. Practice Self-Compassion

- Perfectionism can be exhausting, so give yourself the same grace you'd give a friend. Remind yourself that it's okay to make mistakes and that each costume is part of your creative growth.

6. Take Breaks When You're Feeling Frustrated

- If you're struggling with a specific part, step away and come back with fresh eyes. This helps relieve stress and may give you a new perspective on how to approach it.

7. Experiment and Let Go of Expectations

- Cosplay is an art form, and sometimes trying new techniques or styles without aiming for perfection leads to the most satisfying results. Enjoy the journey of exploring new skills.

8. Share Your WIPs (Work in Progress)

- Sharing progress photos, even if unfinished or imperfect, builds confidence and reminds you that each stage of a project is valuable, not just the final product.

9. Remember Why You Started Cosplaying

- Return to your original love for cosplay, focusing on what makes it fun and meaningful for you, not on meeting an impossible standard of perfection. Avoid engaging directly with the harasser, as it can escalate the situation.

2. View Mistakes as Learning Experiences

- Every misstep teaches us something new. Whether it's a sewing slip-up or a paint smudge, view these moments as steps toward improvement rather than failures.

3. Set Realistic Goals for Each Project

- Try to balance ambition with realism. Break your project into manageable goals and recognize that not everything needs to be flawless to look amazing.

4. Remember That Your Audience Sees the Whole Costume, Not the Details

- Most people won't notice tiny imperfections. Remember, they see the full effect, which is often impressive even if there are minor flaws.

Why It's Important

Cosplay is about fun and creativity, not perfection. Many of us struggle with perfectionism, but learning to accept small imperfections is freeing. Remember that each piece is part of your learning journey, and mistakes only make us better. Imperfections in cosplay remind us that it's okay to be human—they make our costumes uniquely ours.

