



Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

Wellness Works | July 2023

- Battling Imposter Syndrome
- App Review | *I Am – Daily Affirmations*

Battling Imposter Syndrome

Have you ever felt like a fraud when starting a new job or facing an important project? Symptoms of “[imposter syndrome](#),” a term coined in the late 1970s, include feeling anxious, guilty, and full of self-doubt. More than just a lack of self-confidence, the syndrome is more common than you would think — research suggests that 70% of people are plagued with imposter syndrome at some point in their lives.

Because of its potential to undermine career and personal development, knowing how to manage it is imperative.

A few simple techniques can help when feeling overwhelmed:

- Use mindfulness.
Imposter syndrome involves a large amount of anxiety about what could happen. Worrying about the future takes you out of the present. Take a break to do some deep breathing techniques or listen to a guided meditation.
- Check the facts.
Untangle your emotions by drawing upon a simple technique to focus on facts. In one column, write down a thought contributing to these feelings. In the second column, record evidence that counters that thought. For example, counter the statement “I am not qualified to do this presentation” by listing other presentations you have done like this in the past and your subject matter expertise.

- **Call your support team.**
Everyone needs a “cheerleading” team to get through tough times. While it may feel counterintuitive, now is the time to be vulnerable. Share your feelings of doubt with someone you trust. Human connection may offer another perspective and help you see you are not alone in these feelings.
- **Celebrate your successes.**
Remember that your wins are not just luck but are due to your skills and ability to work with others to accomplish a goal. Keep a list of wins – large and small – and the skills you used to achieve them.

Knowing what to do when these feelings overwhelm you can help you confidently move forward. Above all, be gentle with yourself, call on your support network, and learn from your experiences. Embrace your successes, both big and small. By incorporating these techniques into your routine, you can gradually ease the grip of imposter syndrome, allowing your true capabilities to shine. Remember, you are not alone in experiencing these doubts, and with perseverance and self-belief, you can conquer any challenge that comes your way.

As you navigate your career and personal development, imposter syndrome may surface, but it doesn’t define you. Trust in your abilities; the only true fraud would be to deny yourself the opportunity to thrive.

App: I am - Daily affirmations

I Am is an app that supplies positive affirmations to help you counter negative thoughts and change your mindset.

Google Play Store Average Rating

4.8 (175,000 reviews)

Pros

Users rave about daily unique and motivating content. Save feature to store favorite affirmations. Subscribers enjoy a low cost for premium membership.

Cons

Additional content is only available to premium members. Ads are distracting.

Is this app right for you?

You could use a dose of daily encouragement. You find yourself “doom scrolling” and need another avenue to inspire positive thoughts.