

Navigating a Busy Mind

The mind is powerful. It can be easy to trick yourself into thinking you're not good enough, but when you change your thoughts, you can calm your busy mind and feel happier!

What Is Imposter Syndrome?

Feeling like your accomplishments and talents aren't legitimate, despite the opposite being true.



Change Your Thoughts, Change Your Life

Social media can lead to a lot of the self-doubt behind imposter syndrome, and the average person spends 145 minutes a day on social sites.¹

Tip: Let go of negative posts that tend to stick around. This gets easier when you limit scrolling time and replace it with an interesting read, uplifting podcast or a walk.

Because of imposter syndrome, people may hold themselves back from opportunities they're qualified for out of fear of not having all the skills.

Tip: Focus on the skills you do have and the accomplishments that shaped them. Remember who you are and what you achieved to get to where you are.

Dwelling on past mistakes is common with imposter syndrome and often diminishes confidence moving forward.

Tip: Recognize how you've grown from past failures and mistakes instead of ruminating on the events themselves.

Nearly 70%

of adults² have experienced some form of "imposter syndrome."



When You Need to Quiet Your Mind:

✓ Talk with a friend or mentor who knows your achievements.

✓ Journal about your accomplishments and growth.

✓ Lift your mindset with an activity you love, like walking, reading or cooking.

Building a Healthier Mind

When you adjust your intake, associations and affirmations, you'll find yourself reacting more positively to the world around you. This can reduce stress and boost well-being — use this interactive guide to chart your course!



Intake — What you read, watch and listen to.

Uplifting Recommendations:

Reading: “What to Say When You Talk to Yourself” by Shad Helmstetter

Watching: “It’s a Wonderful Life”

Listening: “The Brian Buffini Show” podcast

My go-to motivational media:

Association — The people you surround yourself with.

Identify the friends who build you up, and prioritize time with them.

List your top three mentors, and connect for encouragement and advice.

Affirmations — The words you say to yourself.

Keep it positive! Create your own phrases, or try these:

“I got this.”

“I have earned my seat at the table.”

“I do not have to be perfect to be effective.”

My affirmation:

SOURCES:

1. H. Tankovska, “Daily social media usage worldwide 2012-2020,” Statista, June 2021.
2. Abigail Abrams, “Yes, Impostor Syndrome Is Real. Here’s How to Deal With It,” Time Magazine, June 2018.