

# GEISEL WELLNESS

Monthly Wellness Email Newsletter curated by Kate Adams



## 4 Ways to Overcome Impostor Syndrome

by @inner\_drive | www.innerdrive.co.uk

- 1 Start Attributing Your Success to You**  
Remind yourself how you contributed to your own success
- 2 Don't Compare Yourself to Others**  
Focus on improving rather than proving yourself
- 3 Accept That You Are a Work in Progress**  
Everyone makes mistakes. It's part of the learning process
- 4 Learn To Fail Better**  
Some failure is inevitable, be sure to reflect and learn from the experience

**Impostor Syndrome** - The inability of high achieving individuals to internalise their accomplishments and a persistent fear of being exposed as a "fraud".

## SMART TIPS

### Impostor Syndrome

Doubting why you're here?

You have help available to you!

President Beilock brought up this topic the first day of M1 orientation and it's worth a revisit. *Read more when you click on poster linked to article.*

-CBT Elective -- from 2021 study [linked](#) <-  
"...intervention strategies such as cognitive behavioral therapy (CBT) maybe effective in reducing psychological distress in medical students who exhibit maladaptive perfectionism.

-Geisel Counseling -- free, confidential, here just for you!

-Student Affairs, Wellness & SNAP Reps will point you to the right resources.



## GET ACTIVE

### Yoga on the Green

A Free Gentle — low to mid intensity — hatha yoga session involving synchronous breath work and asana practice, designed to help you feel balanced and reinvigorated. All levels are welcome.

Classes will be on Baker Lawn, weather permitting. Tucker Meditation Room (201 N Fairbanks) is the rain

location: **Tue, Aug 15, 2023 - 5:30pm – 6:30pm**

*Sponsored by: Student Wellness Center*

## WELLNESS WORDS

"There is no failure. You either win or you learn."

-Unknown

## RESOURCES

- [Geisel Counseling](#): Free and confidential- 603-653-0045
- [DCHS Counseling](#) - Call (603) 646-9442 to make an appointment, free and confidential
- [The Tucker Center](#)- Spiritual & Religious support
- [WISE](#)- Call 866-348-WISE; support for domestic violence, sexual assault & gender-based violence
- [Veterans](#) - Dial 988, then press 1; <https://www.veteranscrisisline.net/> The text message contact remains the same with 838255
- [National Suicide Prevention Lifeline](#): <https://988lifeline.org/>
- [UWill](#)- free and confidential for all students