

# Weekly Wellbeing Updates

Friday 5 March 2021

## IMPOSTER SYNDROME



5 tips to help stop the doubt

Have you ever doubted your ability to do something despite your achievements and experience? Do you ever doubt whether you're good enough to be where you are, despite your qualifications? If so, please keep reading.

### 1) Consider the facts

Take some time to separate your thoughts from the facts. Could your opinion be proven in a court of law? If not then it's likely that your doubts are the result of anxiety.

When you feel this way, list the reasons why it might not be true, Argue back with your doubts!

- Re-frame your thought - "I cannot do this subject" may actually be: "This current task is very difficult and it is ok to ask for help."
- List your qualifications and achievements and recognise that you have already proven yourself capable of so much.

### 2) Be open when you find something difficult or need help

Many people feel ashamed of their difficulties and are afraid to tell others for fear of exposing themselves. But, doing so is the first significant step to getting rid of the shame. Tell a trusted friend, family member, colleague, course mate, tutor or wellbeing advisor how you are feeling. The chances are they can provide you with some perspective and have also been through something similar.

### 3) STOP COMPARING

Academic environments can feel very competitive and can increase the chance that you may compare yourself to others that you think are more qualified/capable etc. Recognise that your perception of others is based on assumptions. Everyone struggles with something that you cannot see and comparing will not help you.

### 4) Keep good feedback, compliments and affirmations nearby

Keep a list on your phone of the achievements that made you feel proud, compliments that you have received, positive feedback and difficult tasks that you have completed. Have pictures of these times and affirming statements printed and easily viewable.

### 5) Get Support for why you feel this way

Absolutely anyone can experience imposter syndrome, however this may be for different reasons. If you find that these doubts are very frequent and affect your happiness, you may benefit from counselling.

Many women and people from marginalised communities may be more regularly affected by imposter syndrome. Recognise that the reason you feel this way may be because of lack of representation or past negative experiences. You do not deserve not to feel like this so please ask for support,

**Monday is International Women's day! Please join the Women in Mech Eng society for some amazing events!**



**BREAK A SWEAT FOR INTERNATIONAL WOMEN'S DAY**

Come along to our dance/fitness session

**Monday the 8th of March at 18:30**



**INDUSTRIAL TALKS FROM TWO IMPERIAL MECHENG ALUMNI**  
Thursday 11th of March at 1pm



**Book a wellbeing appointment**