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wellness tip

with adele sinclair



A Note from Adele

Are you a perfectionist? I have been for much of my life - until I realized that instead of helping me to achieve the best I could in my life, it was actually holding me back. Instead of helping me to excel, it was making me stressed and anxious and keeping me from giving things my best, imperfect, shot.

Many people have similar perfectionist tendencies, particularly at work, and as a result often feel stressed and anxious. If you can relate to any of this, this week's tip is intended to help relieve some of this self-inflicted pressure. If it doesn't apply to you, why not share it with someone who may get some benefit from it?

Have a great week!



WELLNESS TIP

A Common Self-Inflicted Pressure ...And How to Let It Go

Adele Sinclair

So often, we create a lot of our own stress by putting unnecessary pressure on ourselves. A common form of this is through perfectionism.

While labeling ourselves, and being labeled, as a perfectionist is often regarded as a good thing, there is a dark underbelly of downsides that can really undermine our wellbeing - physically, mentally and emotionally.

Being a perfectionist adds a lot of self-inflicted pressure. We aim to do, be, and have things perfect - to be the perfect employee, partner, parent, child, etc. We push ourselves to perform to high standards; we critique our performance, and then berate ourselves for feeling unsure about getting up and having another go at something.

As a result, perfectionism keeps us feeling unsatisfied, focused on negatives, and with a gnawing sense of being never-quite-good-enough.

And that's not all... it can be isolating. We don't ask for help when we need it and we feel that we're the only one who can do the job to our own exacting

standards. And that may even be true... though it's an unhealthy and unhappy place to be.

But there is good news... all it takes is a subtle but profound mindset shift to take a lot of this pressure and stress away.

Action Steps

All it takes is a simple shift - away from perfection seeking and onto giving things your 'best shot'.

Here are 3 ways to begin taking the perfectionist pressure off...

- 1. Practice self-compassion.** Perfectionists tend to be more forgiving of the mistakes others make than their own. Start cutting yourself the same amount of slack.
- 2. Find a new measurement.** Instead of measuring your worth by what you do and how well you do it, explore your personality, your strengths, and the things that make you...you. Learn to measure the quality of your character, rather than only your accomplishments.
- 3. Harness your inner critic.** Make your attention to detail an asset, rather than a liability. Set yourself realistic goals and learn how freeing it can be to aim for "good" instead of "perfect".

These will enable you to do your best without self-inflicted criticism, pressure, and stress.

Which of these could you begin practicing this week?
