



SELF REFLECTION

DATE:

WHAT DO I WANT AND NEED?

AM I HONORING MYSELF AND MY VALUES?

**WHAT COULD LEAD TO SELF
SABOTAGE?**

OPTIONS/NEXT STEPS





INTENTION

DATE:

I WILL BE INTENTIONAL ABOUT ...

STEPS AND SUPPORTS

SELF SABOTAGE

GROWTH/SOLUTIONS



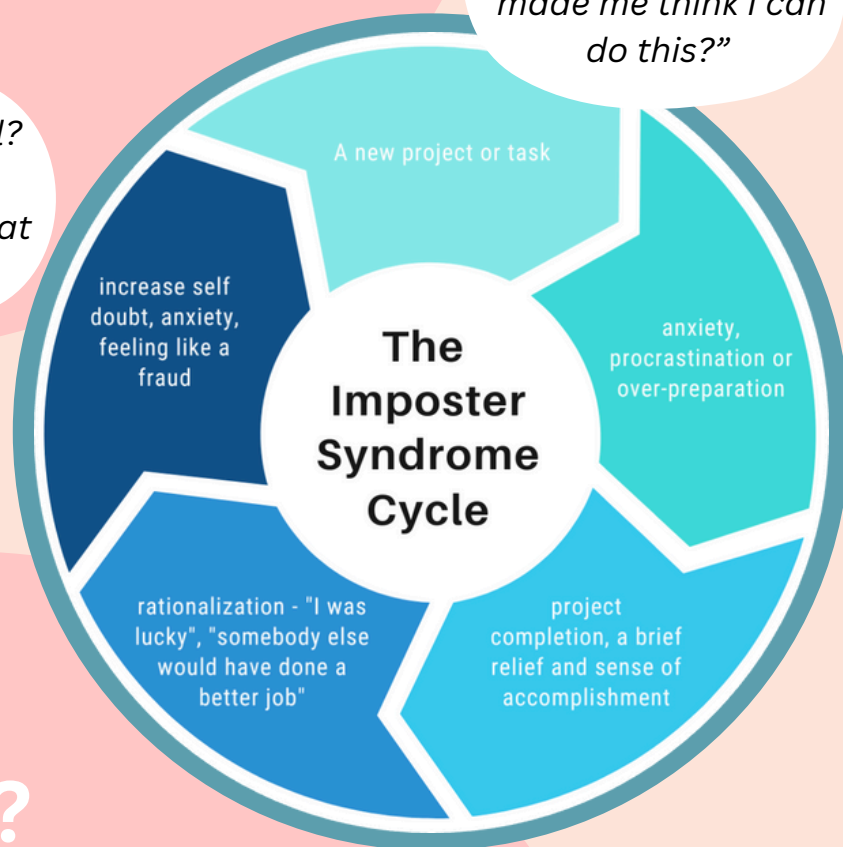
What is Imposter Syndrome?

People with *Imposter Syndrome* (IS) tend to attribute their successes to external factors rather than personal merit. Their experiences are marked by perfectionism, fear of failure, insecurities surrounding skillset, and guilt about success. Studies have shown that IS is closely related to self-doubt and may lead to feelings of anxiety, depression, depersonalization, cynicism, and burnout. Transition periods may trigger heightened feelings of IS.



"People can see through me. What made me think I can do this?"

*"What can I control?
What can I learn?
What's the worst that can happen?"*



What helps?

- Sharing your feelings of Imposter Syndrome
- Challenging yourself to decrease compulsive work habits
- Practicing awareness when receiving and accepting compliments
- Being mindful of how you share information about yourself (put-downs, negative self-talk)
- Avoiding comparing yourself to others
- Rethinking success: how is yours a journey rather than a singular achievement?

What is Imposter Syndrome?

- Tendency to attribute successes to external factors rather than personal merit.
- Marked by perfectionism, fear of failure, insecurities surrounding skillset, and guilt about success.
- Closely related to self-doubt and may lead to feelings of anxiety, depression, depersonalization, cynicism, and burnout.
- May be triggered by transition periods.



Patterns of thought include:

- People can see through me
- I just got lucky
- I'm a fraud
- Everyone has more experience than me
- I'm not worthy
- What made me think I can do this?

Try this:

- Share your feelings of Imposter Syndrome
- Challenge yourself to decrease compulsive work habits
- Practice awareness when receiving and accepting compliments
- Be mindful of how you share information about yourself (put-downs, negative self-talk)
- Practice affirmations
- Avoid comparing yourself to others
- Rethink success: how is yours a journey rather than a singular achievement?

Confidence
does not equal
Competence.

You belong.

SELF-CARE BOOKENDS

AM or PM

AM or PM

AM or PM

AM or PM

AM or PM

AM or PM

AM or PM

AM or PM

AM or PM



STRESS WORKSHEET

Where I feel stress in my body

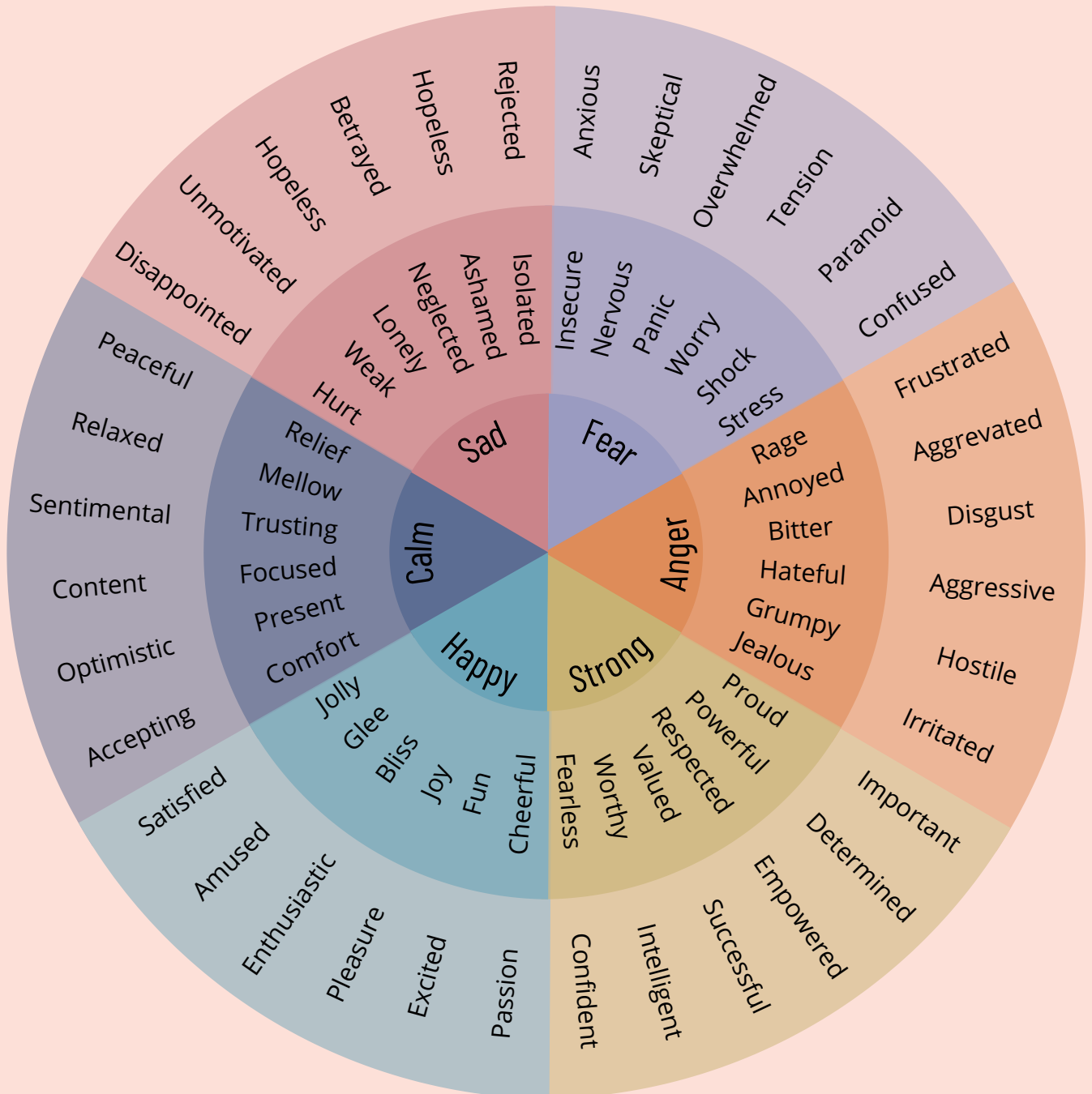
How stress affects my mood

What I crave when I'm stressed

- _____
- _____
- _____
- _____

How stress was modeled for me when I was young

The Feel Wheel



DAILY CHECK-IN

DATE: _____

S M T W T F S

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

WATER INTAKE

    1L

    2L

  3L

MOOD

MY SWEET, SOUR, & SERVICE

TODAY'S NON-NEGOTIABLES

- _____
- _____
- _____
- _____

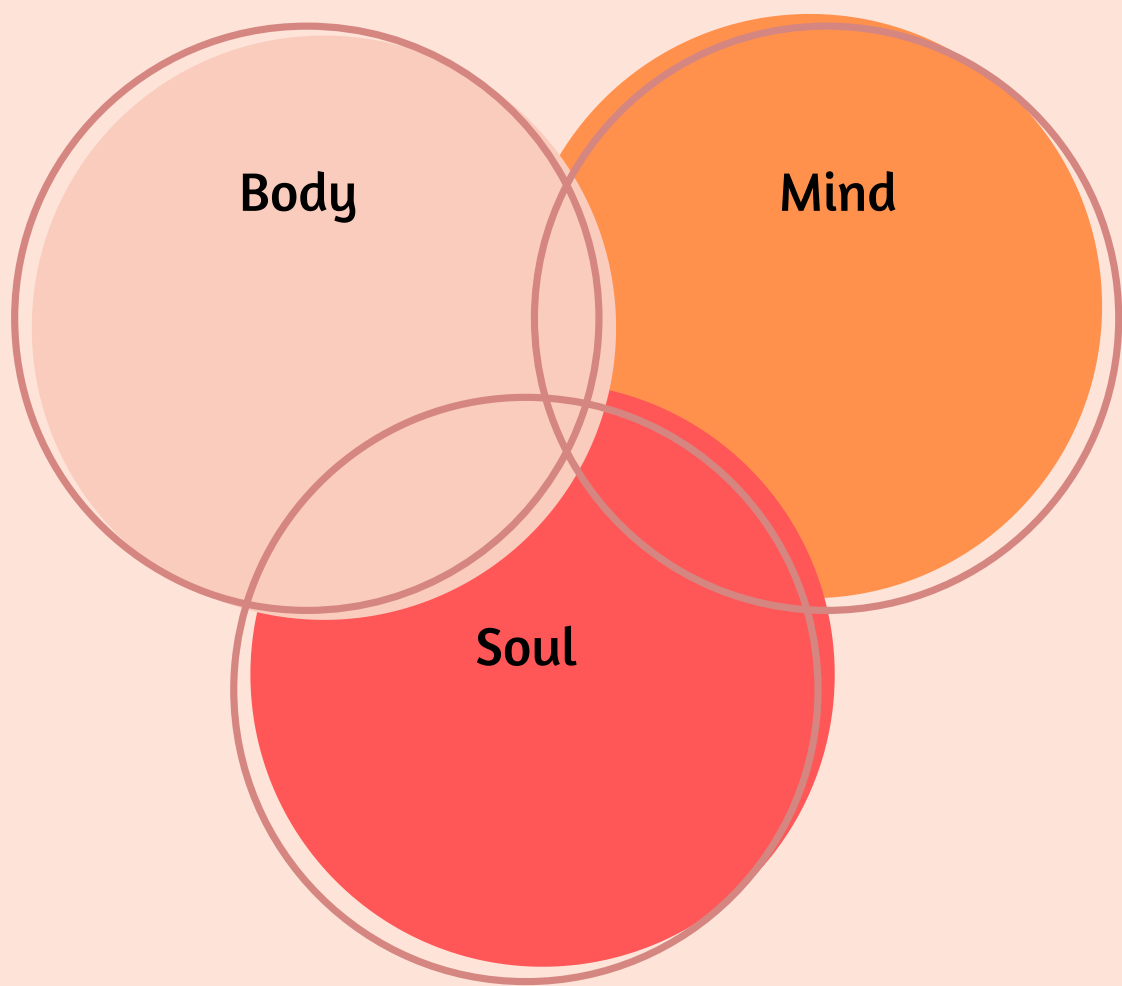
SOMETHING I'M PROUD OF

- _____
- _____
- _____
- _____

I WAS MINDFUL AND CONNECTED TODAY

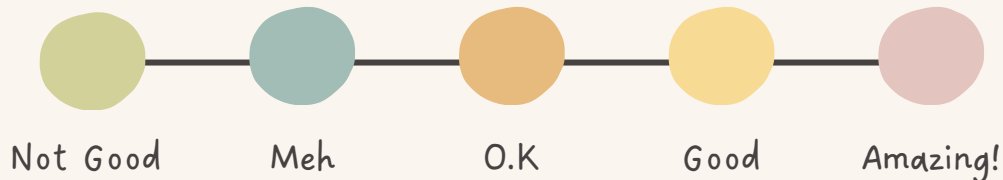
- _____
- _____
- _____
- _____

Care Circles



DAILY CHECK-IN

How are you feeling today?



Don't forget to check in
on your friends today!

PODCASTS



BEST PICKS FOR ANXIETY:



Anxious in Austin:

This podcast series is co-hosted by Dr. Stout and Dr. Smithyman, Austin-based psychologists who specialize in anxiety disorders and obsessive-compulsive disorders. Stout and Smithyman both specialize in cognitive behavioral therapy (CBT).

Some of their conversations are peppered with easy-to-implement CBT strategies for anxiety management, like journaling. Other episodes provide deep dives into specific areas of focus, like dating anxiety, childhood anxiety, and effective group therapy strategies.

The Calmer You Podcast:

The Calmer You Podcast is about helping you to heal anxiety, quiet the inner critic and live a more expansive life of calm and confidence. Chloe Brotheridge is a hypnotherapist, coach and the author of the bestselling book *The Anxiety Solution*. There are episodes on many of the facets of anxiety and practical tips on how to overcome it.

The Anxiety Guy Podcast:



The Anxiety Guy Podcast is another resource you need to begin lessening and eventually ending your struggles with generalized anxiety disorder, hypochondria, and depression. The anxiety guy podcast deals with the many different mental health challenges people face in today's world, and shows you how to thrive above them.

Owning It:

A great podcast for women, from author Caroline Foran, comes *Owning It: The Anxiety Podcast* – with everything you need to hear to get on top of your anxiety. This practical and relaxed series explores everything from what anxiety is and why it happens to us, how our brains work and why it's actually very normal to the various tools and techniques necessary for owning it.

Your Anxiety Toolkit:

Your Anxiety Toolkit Podcast delivers effective, compassionate, & science-based tools for anyone with Anxiety, OCD, Panic, and Depression. Kimberly Quinlan is a Licensed Marriage and Family Therapist and public speaker based in LA.





Therapy for Black Girls:

“Therapy for Black Girls” is a groundbreaking podcast aimed at addressing the mental health needs of Black women and girls. Hosted by Dr. Joy Harden Bradford, a licensed psychologist, the podcast offers a space where the topics of mental health and personal development are explored with sensitivity, insight, and cultural competence.

Disordered: Anxiety Help

This podcast delivers real, evidence-based, actionable talk about anxiety and anxiety recovery in a kind, compassionate, community-oriented environment. Josh Fletcher is a psychotherapist in the UK. Drew Linsalata is a graduate student and therapist-in-training in the US. They’re both bestselling authors in the anxiety and mental health space. Josh and Drew are funny, friendly, and they have a knack for combining lived experience, formal training, and professional experience in an encouraging, inspiring, and compassionate mental health message..



The Motherkind Podcast:

In case you didn’t get the memo, motherhood is stressful. UK-based mum Zoe Blasky started this podcast to help mothers of all stripes — from stay-at-homers to corporate executives — live their best, whole lives. Podcast episodes focus on all aspects of self-care from health to relationships to career.



Social Anxiety Solutions:

Podcast host Sebastiaan van der Schrier is a former social anxiety sufferer and a current social confidence coach. Each episode of Social Anxiety Solutions is a rah-rah session, filled with tips, tools, and insights into the roots of social anxiety, trauma, and emotion. Van der Schrier is a soft-spoken, gifted coach who is passionate about shifting people from anxious to confident.

AT Parenting Survival Podcast:

This podcast is for parents of children and adolescents with anxiety or OCD. Daniels is both a therapist and a parent of three kids with anxiety and OCD. The show focuses on sharing resources and tools for most effectively helping your anxious kids.



BEST PICKS FOR MENTAL WELLNESS:



Happy Place:

While not specifically about anxiety, the Happy Place podcast is a great reprieve from the daily grind many people face. Host Fearne Cotton is hell-bent on sharing the happiness secrets of the entire universe with her listeners. You'll be so enraptured while listening, you'll forget to feel stressed.

Inside Mental Health:

Inside Mental Health is a [Psych Central](#) podcast hosted by Gabe Howard, where he discusses mental health with experts in the field.

Although Inside Mental Health isn't specifically about anxiety, the podcast features episodes that focus on a range of subjects that can affect anxiety including stress, worry, trauma, and general mental wellness.

The Happiness Lab:

Dr. Laurie Santos, the host of The Happiness Lab, is a Professor of Psychology at Yale. Although many of her episodes focus on improving the mental health of college students, her discussions on stress are applicable to anyone participating in the rat race we call society. Occasionally reminiscent of a TED Talk, the show's tone is similar to that of the sorely missed The Cut on Tuesdays. Dr. Santos knows how to make a compelling speech. She presents a comprehensive tool kit in a format that will appeal to those resistant to other forms of "New Age" thinking, making concepts like meditation accessible to those who need it most.

BEST PICKS FOR MINDFULNESS:



Meditation Minis:

Meditation can provide you with an anxiety-reducing pause at any point in your day. This podcast series comprises short, guided meditations led by host and hypnotherapist, Chel Hamilton. Each 10-minute episode is geared towards eliminating negative thinking and reducing anxious feelings. A wide variety of meditation techniques are explored.

The Mindful Minute:

This podcast's mission is to share mindfulness meditation as a support of one's everyday joy. Meryl has been practicing and teaching mindfulness meditation for 10 years as an everyday practitioner. Join Meryl {mama. meditator. teacher.} each week for an inspirational talk and 20-minute guided meditation focused on how to live our lives more mindfully, easily, and happily.


LEAH C. MARONE LCSW



BEST PICK FOR SELF-HELP:

The Hardcore Self-Help Podcast with Duff the Psych:

The host of this podcast series is psychologist Dr. Robert Duff. In his words, the series is dedicated to “the eradication of psychobabble BS.” Each episode focuses on various aspects of relieving or eradicating anxiety and depression. Duff’s hardcore approach pulls no punches, but also provides easily graspable context on confrontational topics.

BEST PICK FOR SETTING BOUNDARIES:

The Adult Chair:

Boundaries are a necessary part of our lives and a key to healthy relationships. This show is filled with the right tools and tips to help you to start better taking care of yourself and learning how to set a simple request and teaching other people how to treat you.

BEST PICKS FOR SPORTS PSYCH:

Compete like a Champion:

This podcast explores what it takes to become a successful athlete, with Mental Skills Specialist Dr. Larry Lauer and coach Johnny Parkes from USTA Player Development. Featuring topics such as how to combine mental skills and physical skills, how to learn from failure and the role of empathy in coaching. While mainly focusing on tennis, the podcast has many transferable topics that has useful tips for players, coaches and psychologists.

80 Percent Mental:

Hosted by two sports psychologists with years of experience, the podcast answers all the questions about the role of the mind in sport performance. Covering some potentially hard hitting topics such as team culture and anxiety in sport, Pete and Hugh have an ability to disseminate in an entertaining, informative and at times, funny way. They look into what the research says on each topic and also give their recommendations and thoughts.

The Sport Psych Show:

One of the most established sport psychology podcasts out there, Dan Abrahams continues to demystify sport psychology by speaking to a number of influential people in sports performance today. Covering a plethora of topics such as how to thrive under pressure, the psychology of football and Rational Emotive Behavioural Therapy (REBT), the show offers something in every episode. This podcast is recommended for coaches, players as well as sport psychologists.

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