

Overcoming Perfectionism

Overcoming perfectionism can be a liberating journey that involves challenging your mindset and adopting healthier perspectives. Here are some strategies to help you overcome perfectionism:

Recognize the negative effects: Understand that perfectionism can be detrimental to your well-being and hinder your progress. Recognize the stress, anxiety, and self-criticism that come with striving for perfection.

Set realistic standards: Replace unrealistic and rigid standards with more attainable goals. Embrace the idea of progress rather than aiming for flawless outcomes. Focus on doing your best rather than seeking perfection.

Embrace mistakes as learning opportunities: Shift your perspective on mistakes and failures. See them as valuable opportunities for growth and learning rather than as indications of personal inadequacy. Embrace the learning process and allow room for experimentation and improvement.

Challenge self-critical thoughts: Challenge negative self-talk and replace it with self-compassionate and realistic thoughts. Practice self-acceptance, reminding yourself that you are worthy and deserving of love and

respect regardless of your perceived achievements.

Practice self-care: Prioritize self-care activities that promote relaxation, stress reduction, and self-compassion. Engage in activities that bring you joy and help you reconnect with yourself outside of achievement-oriented pursuits.



Celebrate progress and small victories: Acknowledge and celebrate your accomplishments, no matter how small they may seem. Recognize your efforts, growth, and the steps you have taken towards your goals.

Seek support: Reach out to supportive friends, family, or professionals who can provide encouragement and guidance. Consider seeking therapy or counseling to address deeper underlying issues related to perfectionism.

Embrace imperfections: Embrace the beauty of imperfections and the

uniqueness they bring. Recognize that imperfections are part of the human experience and can add character and authenticity to your endeavors.

Practice self-compassion: Be kind and compassionate towards yourself. Treat yourself with the same care and understanding you would extend to a friend. Practice self-acceptance and forgiveness.

Shift focus to the process: Instead of fixating solely on the end result, shift your focus to the process itself. Enjoy the journey, the learning, and the experience rather than obsessing over the perfect outcome.

Remember, overcoming perfectionism is a process that takes time and self-reflection. Be patient and gentle with yourself as you work towards embracing a more balanced and fulfilling approach to life.



Self-care. Connect

**Contact your EAP at
1-877-747-1200**