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## Feel like a fraud?

1 message

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**Employee & Family Resources** <marcom@efr.org>

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life  
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January 2023 | EMPLOYEE EDITION



## Feel like a fraud?

Have you ever felt the lingering suspicion that despite your certifications, work accolades, praise, and promotions, you've managed to pull the wool over everyone's eyes and pretend to be a qualified professional? Or perhaps you're convinced your colleagues have it all together except you?

Imposter syndrome is a mindset causing you to doubt your competence. It looks like chronic worrying and fear that, despite all the evidence to the contrary, you have only succeeded through pure luck or piggybacking off the success of others. Imposter syndrome thoughts can prevent you from acknowledging your success, mire you into maladaptive behaviors, and leave you feeling like a phony.

However, you're not alone if you experience these types of thoughts-it's incredibly common! By adjusting your inner voice and learning to identify the

flawed thought pattern, you can take pride in owning your accomplishments, advocate for yourself with less stress, and move forward with confidence.

## Overcoming Imposter Syndrome





### Commit to Self-Care

Practice these steps to self-care to refuel, recharge, and enter the new year with renewed health and happiness. Use January's Monthly Motivator to track your progress as you recommit to caring for your needs!



Kick off the New Year by focusing on self-care. Commit to completing at least three activities from the list below.

- Get 7-8 hours of sleep each night. [Discover the benefits of a good night's rest](#)
- Read a book
- Follow a guided relaxation in the EFR app. Download the app using the QR codes  
- Listen and share your favorite song
- Eat your favorite dessert

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### Download the January Monthly Motivator



Hear from the experts on topics designed to empower you with the knowledge and skills to improve your personal and professional life.

Watch our library of webinars on-demand with timely topics including LGBTQ+ and mental health, reducing stress, taking control of your finances, preparing nutritious meals, and so much more!

We're ringing in the new year and season six of Emotion Well with our wellness consultants Johanna Dunlevy and Kylie Mitchell! They share their personal experiences setting New Year's resolutions and helping others do the same, exploring;

- the importance of habit stacking
- secrets to sustainable lifestyle changes

Explore Webinars

- how to consistently make the easy choice when it comes to healthy living

Listen to the Conversation



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