

Overcoming Perfectionism

What is perfectionism?

Perfectionism is the need to be or appear to be perfect such as setting impossibly high standards for oneself and feeling as though what they achieve is never good enough. Perfectionism can head to burn-out, anxiety and depression. Here are some strategies to help you challenge and manage your perfectionism:

1

Set SMART goals (specific, measurable, achievable, realistic and timely) can help you to work towards something reasonable.

2

Practise imperfection and embrace mistakes. This is really hard to do and it can help you experience coping and managing well when things do not go perfectly.

3

Practice self-compassion. It helps to be kind and compassionate to yourself and to recognise effort not just outcome. Treat yourself like you would do a friend.

4

Challenge unhelpful thoughts. Negative thoughts when you don't do something perfectly can contribute to symptoms of anxiety and depression. It can be helpful to challenge these thoughts with regard to how realistic they are and replace them with more balanced and realistic thoughts.



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5

Focus on progress and effort rather than perfect outcomes. Value improvement and movement towards goals.

6

Take breaks: Regular breaks can help you reduce stress levels and feel more motivated. Taking a short walk, proper meal times, reading a book, and listening to music during breaks can help you relax and recharge.

Accessing support for your mental health

For personalised support with a psychologist or therapist, you can contact us on [07 3254 0333](tel:0732540333) to request an appointment through your Employee Assistance Program. For more information visit www.axisclinic.com.au