



Reignite your spark!

Healthy Striving reduces perfectionism & prevents burnout.

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A woman with short brown hair, wearing a blue sleeveless dress, is standing in front of a black chalkboard. She is holding a piece of white chalk in her right hand and is in the process of writing on the board. The chalkboard has five lines of text written in white cursive script. The text on the board is: "I will try to be perfect at all times", "I will try to be perfect at all times", "I will try to be perfect at all times", "I will try to be perfect at all times", and "I will try to be".

I will try to be perfect at all times
I will try to be perfect at all times
I will try to be perfect at all times
I will try to be perfect at all times
I will try to be

Do you identify as a perfectionist?



Exercise 1: Write your name.

What does
this word
mean to
you?

PERFECT

Perfect means...

- Without fault?
- Without error?
- Flawless?





The thing is...

Perfectionism can create
difficulties.



Dampens creativity.

Creates pressure.

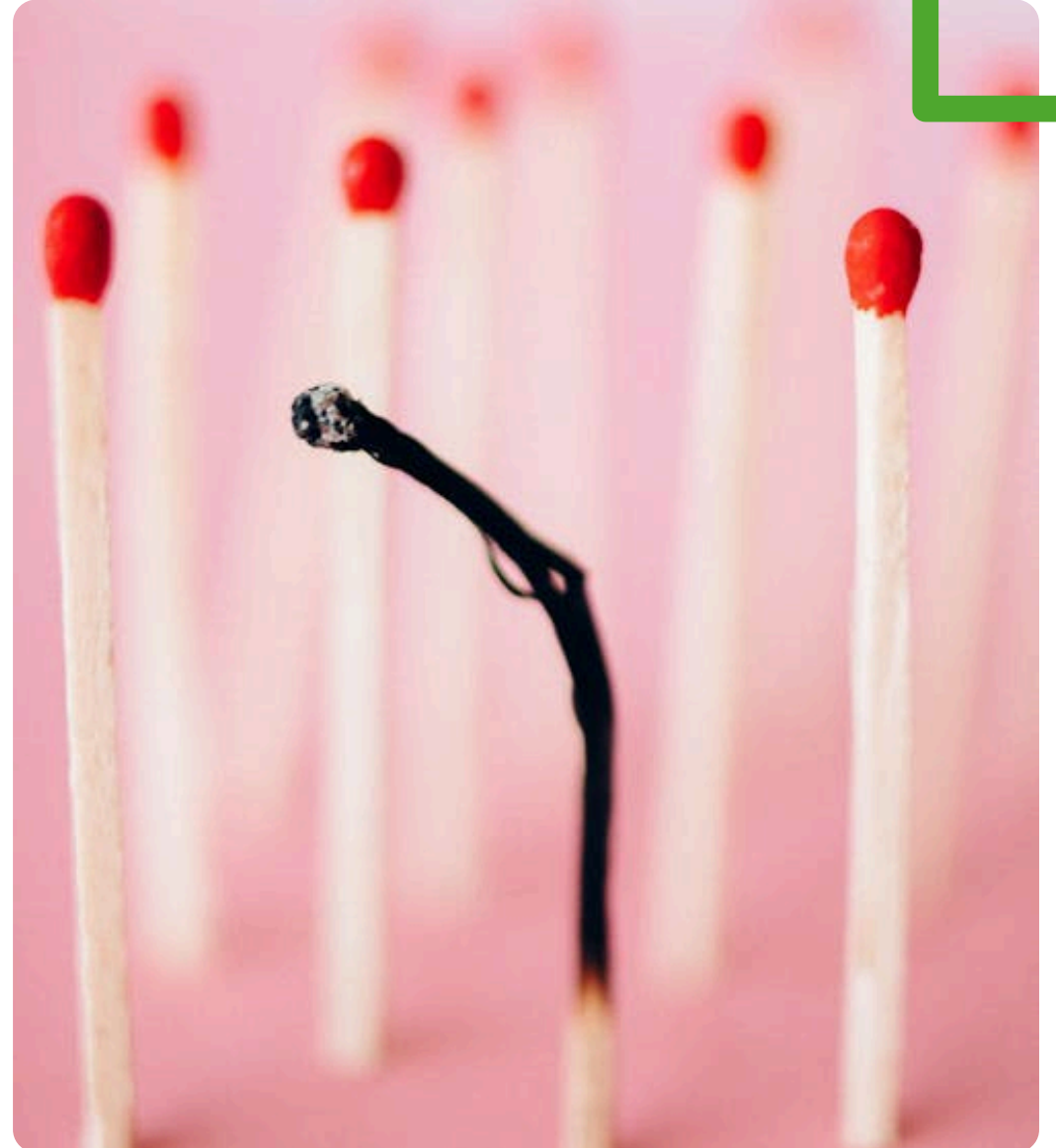
IT'S NOT FAIR...
THOSE CUTE PUPPY VIDEOS
SET AN IMPOSSIBLE STANDARD
THE REST OF US HAVE TO
LIVE UP TO!





Perfectionism holds us back.

Increases risk of
burnout.

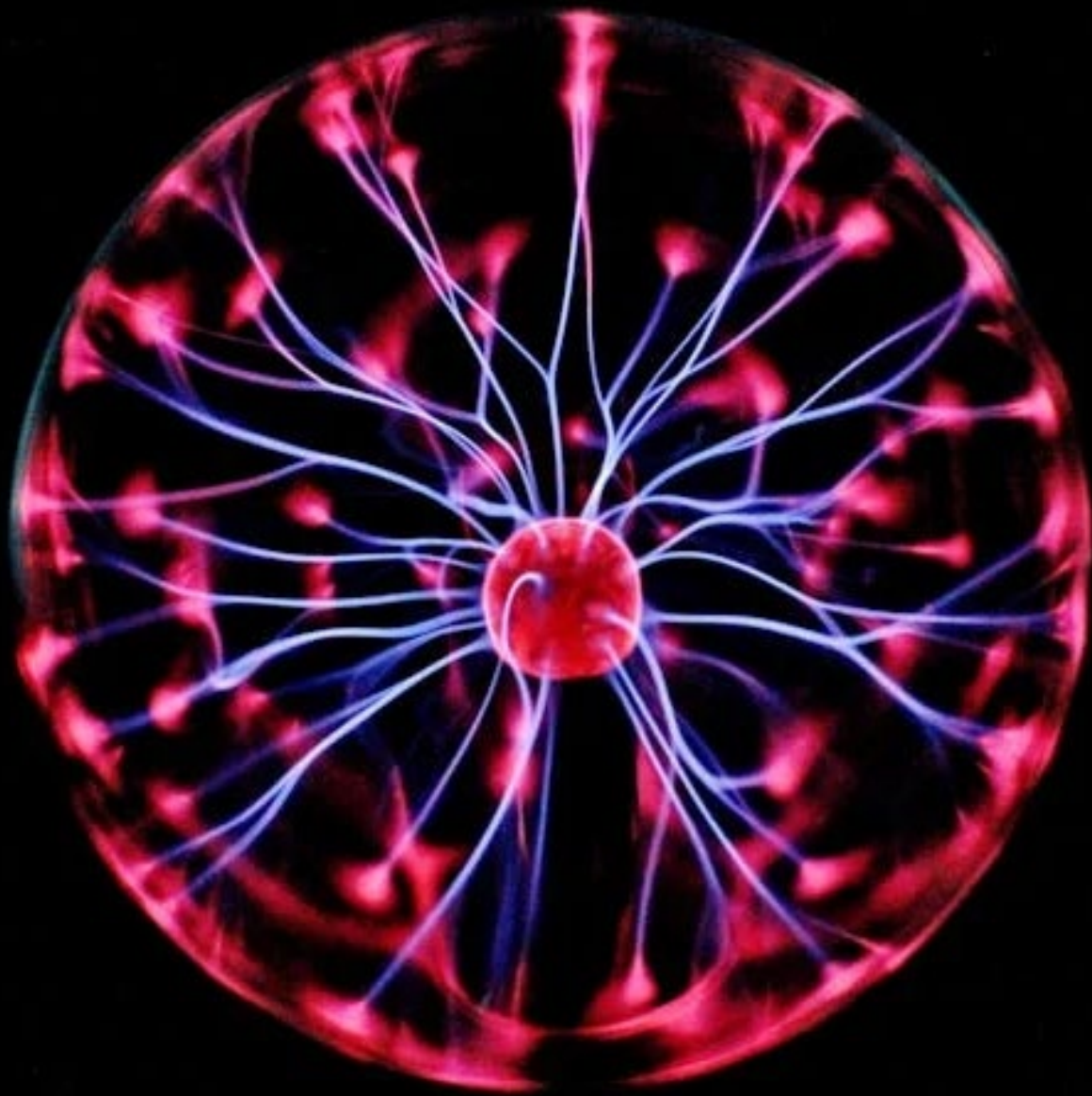


What is burnout?



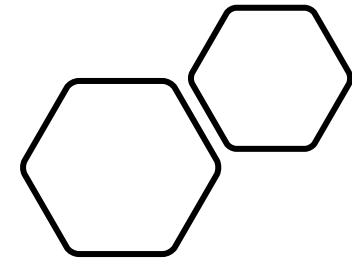


Signs and
symptoms
of burnout.



Women in STEM are at high risk.

- High workloads.
- Gender bias.
- Isolation.



Strategies to
prevent and
reduce burnout.





Daily choices.

- Embrace healthy habits: Attend to nutrition, sleep, exercise.
- Manage stress: Practice mindfulness, relaxation.
- Practice self-care.

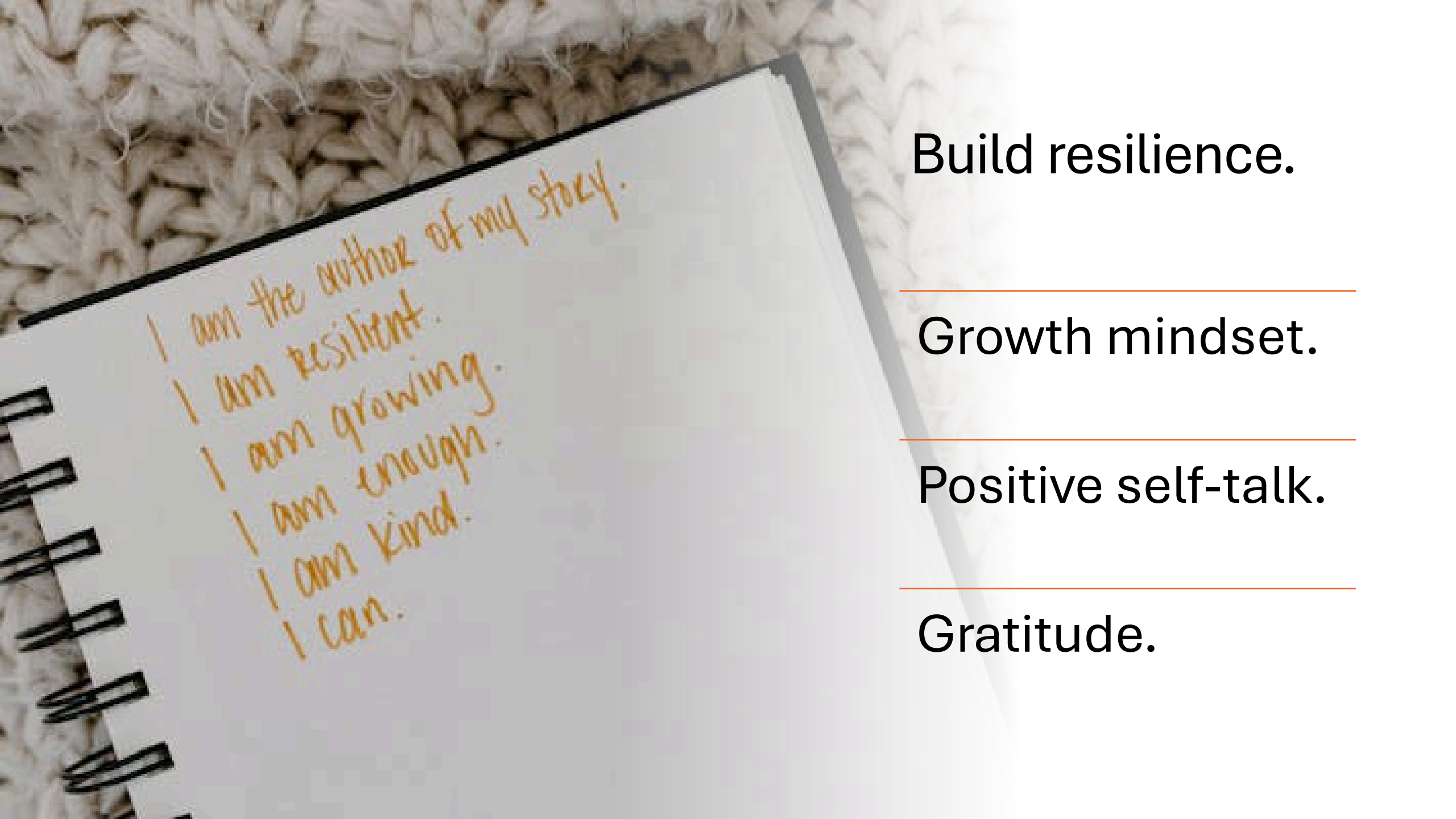
Strengthen your

- Boundaries.
- Circles of support.

B | A | L | A | N | C | E

B | U | R | N | O | U | T





I am the author of my story.
I am resilient.
I am growing.
I am enough.
I am kind.
I can.

Build resilience.

Growth mindset.

Positive self-talk.

Gratitude.



Be proactive.

Scientia potential est.
Knowledge is power.





Exercise 2: Write yourself a letter, “in case of emergency.”

Finding Balance.



Strategies to reduce perfectionism.



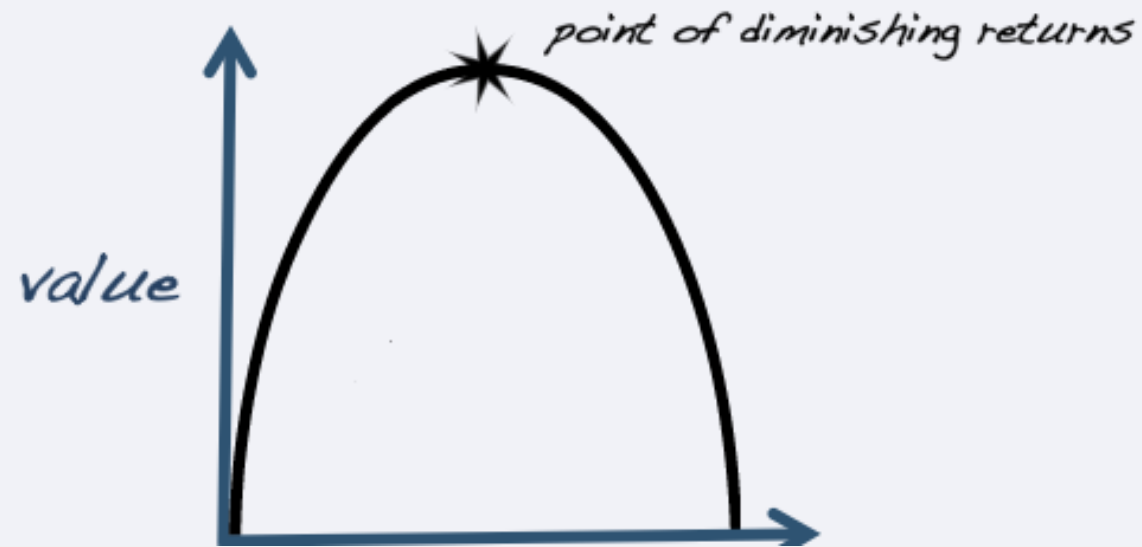
Shift gears.

Replace perfectionism with health striving.

Explore
when and
where you
want to be
perfect.



“GOOD ENOUGH”



Ask: When is it okay to be “Good Enough?”



Practice reframing.

- **High standards** v. *impossible standards.*
- **Make it meaningful** v. *make it perfect.*
- **What matters most** v. *Everything matters.*
- **Doing what we can** v. *Doing it all.*

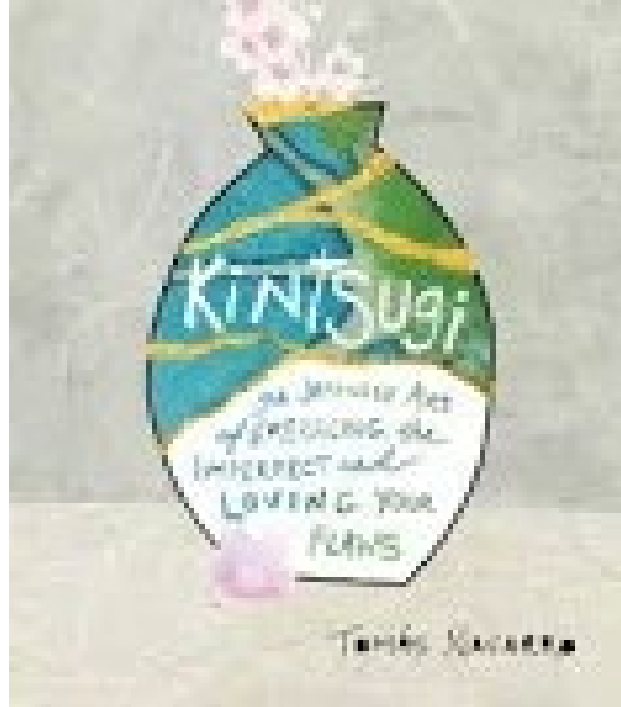
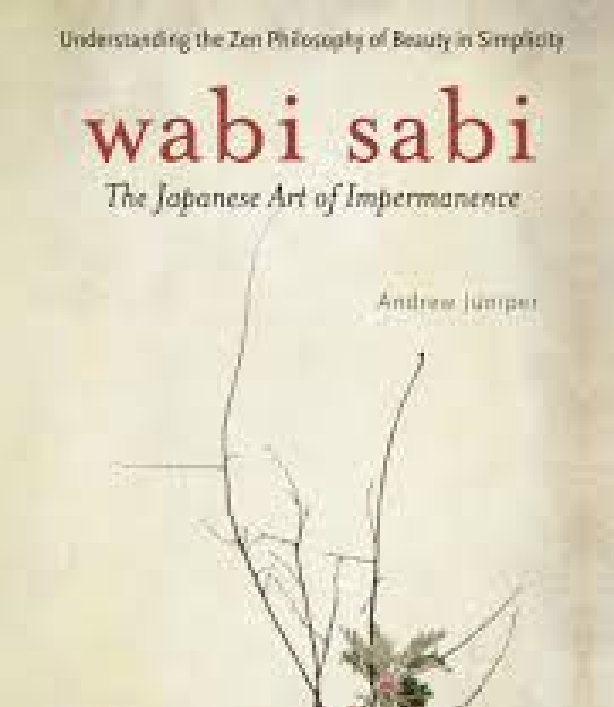


Focus on progress, not perfection.



Take the long view.

- Your best becomes better.
- Progress happens over time, not all at once.



Change your perspective.

- *Wabi sabi*. Japanese aesthetic finds beauty in the transient, imperfect, & incomplete.
- *Kintsugi*. Japanese art of repairing broken pottery with gold. Symbolizes resilience, beauty of imperfection.
- Some artisans make deliberate mistakes (*Persian Rugs*, *Navajo Rugs*) to signal human fallibility.



Exercise 3: *To Feel* List

- Instead of listing tasks you need to complete, write down **how you want to feel.**



Aim to be a healthy striver.

- Healthy strivers set high standards **and** keep them within reach.
- They see mistakes as opportunities to learn.
- They enjoy the process **as well as** the outcome.
- They are resilient and self-motivated to succeed, but don't believe that their accomplishments determine their value as people.



Remember, there is only one you.

Celebrate your strengths and uniqueness.



A close-up photograph of a person's hands writing on a blue sticky note. The person is wearing a pink wristband. The background is filled with numerous other sticky notes in various colors (yellow, pink, blue, green) with handwritten text in Spanish. The text on the visible notes includes 'Compartir lo', 'todo que p', 'eempre', 'elido a', 'experiencia', 'Conspira', 'personas', and 'Plan de'. The overall scene suggests a brainstorming or planning session.

Next steps?

- Practice self-care.
- Seek out Mentors.
- Connect with peers and professional associations.
- Advocate for self and profession.

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 - Seek out Mentors.
 - Connect with peers and professional associations.
 - Advocate for self and profession.

Resources



Questions?

She has fire in her soul and grace in her heart.



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