

Mindset

As you embark on this new academic year, there is hopefully excitement as you dive into the new opportunities for growth and learning. However, with the new demands, it is not unusual to experience some self-doubt. It is expected that, at times, you can find yourself wondering if you can accomplish what is being asked of you. However, what we want to avoid is you feeling like an impostor and to insure you continue to feel you belong. This impostor experience is a form of intellectual self-doubt whereby the individual is unable to internalize and accept success. There can be a fear that others will eventually unmask them as a fraud. The impostor experience also impacts learning as students can become less likely to speak up for fear they will be wrong. In case you feel alone with this experience, you are in good company. Maya Angelou the renowned American poet and civil rights activist addressed her impostor experiences when she said, "I have written eleven books and each time I think, 'Uh Oh, they're going to find out now. I've run a game on everybody, and they're going to find me out.'" Impostor feelings can be accompanied by stress, anxiety and depression. Most people with impostor feelings suffer in silence and don't talk about it as they are afraid they're going to be found out. It is key that you challenge your impostor thoughts in order to maintain your well-being and so you can continue to learn and grow.

Psychologist Carol Dweck from Stanford University proposed that adopting a growth mindset versus a fixed mindset can help. With a fixed mindset you attribute success to an innate ability-you have it or you don't. When a mistake happens or failure strikes, you can easily give up and assume that you just don't have the talent to be successful. In contrast, if you adopt a growth mindset, you attribute success not to inherent talent that you do or do not possess, but hard work. You are not there yet. When a mistake happens, and it will for all of us, you can instead tell yourself, "Messed up this time..didn't study as well as I could have..maybe I need to get guidance how to

By Dr. Margaret Rea

study...failed this time..I will not necessarily fail next time." Growth mindset allows for improved performance over time, flexibility and hopefulness.

<https://mindsetonline.com/whatisit/about/>
<https://www.youtube.com/watch?v=hiiEeMN7vbQ>

A recent New York Times article offered some helpful tips about addressing the impostor experience:

1. Make a list of 10 things that show you are just as qualified as anyone else for the role.
2. Say your name out loud. Research has shown that the simple act of saying a positive affirmation, like I can do this, and adding your name can have a powerful effect on how you feel about yourself.
3. Own your own role in your success by not allowing yourself to fall back on excuses..."It was just an easy test." Keep a log of your daily accomplishments: finished the assignment; spoke up in class; made an appointment with my advisor."
4. Visualize your success. Create an image (or a narrative) with specific details about what your future will look like when you successfully complete your journey. Where will you be working? Who will be your patients?
5. Share your impostor thoughts with trusted friends as they have probably experienced them as well.
6. When the impostor thoughts creep in, label them, "those are my impostor thoughts, it's not me."
7. Turn the intellectual doubt that makes your freeze to doubt that helps you to refine your approach and motivate you to make some change.
8. Don't let the mistakes and failures define you, they are expected and part of the human condition.

<https://www.nytimes.com/2019/06/16/smarter-living/the-workplace-still-isnt-equal-for-women-heres-some-advice-to-navigate-it.html>

<https://www.nytimes.com/2019/06/11/business/women-workplace-burnout.html>

Wellness Events

Wellness Workshop:

Strategies for Managing Stress in Support of

Academic Success

Monday July 22nd; Noon;
BIMH 1800; Lunch for first 30
students

Work Life and Wellness Events

[http://](http://www.ucdmc.ucdavis.edu/hr/wellness/index.html)

www.ucdmc.ucdavis.edu/hr/wellness/index.html

UC Living Fit Forever

[http://](http://intranet.ucdmc.ucdavis.edu/clinops/resources/living_fit_forever.shtml)

intranet.ucdmc.ucdavis.edu/clinops/resources/living_fit_forever.shtml

The Schwartz Center Rounds

A multidisciplinary forum where clinical caregivers discuss social and emotional issues that arise in caring for patients. Occurs the 4th Tuesday of every month at the Cancer Center Auditorium:

<https://intranet.ucdmc.ucdavis.edu/palliativecare/schwartz.shtml>

UC Davis Health Farmers Market is back!

Every Wednesdays 3-7pm
Ed. Bldg. Outdoor Quad

Wellness Tip: Transforming Negative Thinking

Speaking of mindset, take a moment to read this helpful technique from Elisha Goldstein, an expert in the use of Mindfulness.

If you follow the link, there is a video as well https://www.mindful.org/3-simple-ways-transform-negative-thoughts/?mc_cid=5b099aac4f&mc_eid=7359d3a579

“How we relate to our thoughts has a big impact on how our day unfolds, and also how we approach triggers in our lives. By taking a few mindful moments, we can gain some space between us and our reactions, and have some freedom from what triggers us—we don’t have to respond the same way every time. It’s a practice in breaking our habitual negative responses by first tuning in to how a thought or action makes us feel, and how it generates certain storylines in our minds. We can step back for a moment and recognize: hey, that’s not a tried and true fact—it’s just a thought.

Try these three simple approaches

1. Recognize the Thought: If the thought is *I’m not good enough, life is never going to get better*, or some form of complaining or blaming or something like that, take a moment to recognize that the thought is forming in your brain.

2. Relax the Body, Release the Thinking: When you’re experiencing negative thoughts, your body is also reacting. You’re going through some form of a fight-flight-freeze response, so take a moment to relax your body. Through mindful breathing, you can use the out-breath to release tension in your body, as well as

any negative thinking. You can even imagine negative thoughts leaving your body with the out-breath.

3. Name a Positive: Now that you have a little space between you and your negative thoughts, consider for a moment:

What’s actually good right now? What’s going on that’s good in life? Could it be that you’re safe, you’re body is working okay in this moment, you actually have some friends you can count on, you have a job—whatever it might be, see if you can name a few of those, recognize them, and also just linger in that a little bit.”



Monthly Recipe from the UC Davis Community

Hi, this is Dori Santana from the Office of Student Learning and Educational Resources in the School of Medicine (OSLER). Shakshuka is my favorite recipe for a late breakfast on Saturday or Sunday – I like to serve it with sliced avocado and warm flour tortillas. Ademas, estoy aprendiendo espanol a la Casa de Espanol en Sacramento. Por favor practica hablando conmigo.

<https://www.epicurious.com/recipes/food/views/shakshuka-51220220>



Wellness App: Stop, Breathe, and Think



Stop, Breathe & Think, the app for daily meditation & mindfulness, has a unique approach that allows you to check in with your emotions, and then recommends short, guided meditations,

- yoga and acupressure
- TAME YOUR ANXIETY
- REDUCE STRESS: Daily meditation for kids, teens and adults. Guided meditation, meditation timer, calming breathing exercises and acupressure are just a few of the activities in our app that can help you manage your stress.
- BREATHE MORE MINDFULLY: The beauty of the breath is that anyone can do it anytime, anywhere. Learn how to cultivate the breath to help you find calm and focus.
- SLEEP BETTER: Discover ways to find more peaceful sleep with soundscapes, meditations and breathing activities crafted just for sleep.
- TRACK YOUR MOOD & PROGRESS:
- CHECK IN WITH YOURSELF DAILY: Stop, Breathe & Think allows you to check in with your emotions, and recommends short, guided activities, tuned to how you feel. The perfect meditation guide to meditate and breathe, based on your mood.

<https://apps.apple.com/us/app/id778848692>
mt=8