



WELLBEING Wednesday

Welcome to Wellbeing Wednesdays

Welcome to Wellbeing Wednesday! This weekly boost is packed with tips, inspiration, and resources to help you prioritize your mental and physical health. At Sports Connect, we're all about building a balanced, energized, and resilient team. Let's make self-care a habit, not a chore – because when we feel our best, we perform our best. Ready to thrive? Let's dive in!



This weeks topic

Imposter Syndrome

Ever feel like a fraud, even when you're successful? That's imposter syndrome – the feeling that you don't belong, despite evidence of your achievements. It's surprisingly common, affecting people across all fields. This week, let's dive into what imposter syndrome is, why it happens, and strategies to help you overcome self-doubt and own your successes.



Upcoming events

1. Kent Festive Gift and Food Show 2024 at the Kent Event Centre.
2. Art Exhibition by Ali Mourabet- on display throughout November at various venues, featuring vibrant artwork inspired by the Kentish landscape.
3. Mental Elf 5k Festive Fun Run- 24th November, Canterbury
4. Canterbury Christmas Market starting 15th November.



Tips to help

1. Track Your Wins

Start a "wins" journal to capture your achievements, no matter how small. When imposter feelings arise, review these accomplishments to remind yourself of your progress. This habit builds confidence and provides a reality check against negative self-talk.

2. Reframe Your Thoughts

Catch self-critical thoughts and reframe them positively. Instead of thinking, "I'm not qualified," try, "I'm learning and growing in my role." Reframing helps shift your focus from self-doubt to self-improvement, making it easier to embrace challenges.

3. Seek Out Honest Feedback

Ask for feedback from trusted colleagues or mentors who can offer an objective perspective. Often, we're our own harshest critics. Others can remind us of our strengths, helping to normalize our feelings and validate our worth.



WHEN FEELING:	TRY:
"This is too much"	"What do I need?"
"I'm SO behind"	"What can I celebrate?"
"I messed up"	"What did I learn?"
"This isn't working"	"What small tweak can I try?"



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