

Finding Balance, Building Resilience, and Overcoming Imposter Syndrome in the Time of COVID-19

RESILIENCE STRATEGY #1: FOCUS ON YOUR STRENGTHS

Circle which of these is most accurate for you:

1. I tend to notice...

My strengths

My weaknesses

2. I focus more often on...

What I've accomplished

What I haven't
accomplished

*3. I pay more attention
to...*

What's going well

What isn't going well

My typical ratio of self-promoting to self-defeating messages is: _____.

My top strengths include:

Love of learning

Patience

Compassion

Problem-solving

Creativity

Humor

Leadership

Relationships

Persévérance

Courage

Positivity

Big picture perspective

List 2-3 ways you can utilize these strengths this week to overcome a difficulty you are currently facing at work or at home:



RESILIENCE STRATEGY #2: GAIN FLEXIBILITY WITH YOUR THOUGHTS

Number of thoughts: _____

What were the top themes?

My top imposter beliefs:

How do I know that these are true?

How can I lean more into my strengths to overcome my imposter beliefs?

RESILIENCE STRATEGY #3: GROW YOUR GRATITUDE

Think of a person who has had a positive impact on your life.

Write a brief letter expressing your gratitude to them. You don't have to share it with them. This is for you.





RESILIENCE STRATEGY #4: BUILD COMPASSION FOR YOURSELF

Self-compassion break:

This is a moment of suffering.

Suffering is part of life.

It's normal and expected that I struggle in this way.

I am doing my best.

In this moment, I don't have to fix this.

May I be kind to myself in this moment.

May I give myself the compassion I need and deserve.

May I forgive myself in whatever ways will help me.

May I learn to accept myself as I am.

May I care for myself just as I would care for a loved one in need.

May I be patient with myself.

What else do I need to hear right now to express kindness to myself?

Self-compassion resources:

1. A lay article by the lead self-compassion researchers: https://www.mindful.org/try-a-self-compassion-break/?mc_cid=b046eacdd1&mc_eid=ca4fd8dd4b
2. A compendium of self-compassion research: <https://self-compassion.org/the-research/>
3. A blog from Dr. Gazelle on self-compassion in healthcare: <https://www.gailgazelle.com/self-compassion-mindfulness/>



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For questions about coaching, resilience, or mindfulness resources, please visit www.GailGazelle.com or email us at info@gailgazelle.com.

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