

Go for it

# Believe in you

June 2019 Newsletter

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Do you have “imposter syndrome”? **Take this quiz and then learn more...**

Sometimes it can be a bit tough to tell the difference between common lapses and possible signs of Alzheimer's disease. **Learn how to tell the difference...**

Do you ever feel down because you don't succeed the first time you try something new? **Get tips to help you see failure in a positive light...**

Learn a definition of vulnerability and how being vulnerable can help you better know and accept yourself. **Watch this video to learn more about vulnerability...**

## Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

# Resources *for* Living®

# Ever feel like an imposter? Take this quiz!



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Do you have “imposter syndrome”? Answer yes or no to these questions and then read on to learn more:

1. Do you worry that others will find out you’re not as smart as they thought you were?
2. When you succeed, do you think, “I did okay, but only because the task wasn’t really as hard as it seemed”?
3. Do you live in fear of others discovering you’re “less” than they believe?

## “No” answers?

Good for you! You know what you can do and you take credit when you do it well.

## “Yes” answers?

You may suffer from “imposter syndrome.” People with this syndrome are often smart and accomplished. But inside they feel like fakes. Anxiety and self-doubt keep them from enjoying their own successes.

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## Start believing in you

Here are some tips for overcoming imposter syndrome:

- **Learn to accept praise.** When someone says you did a great job, don’t blow off their praise. Instead of saying “It wasn’t really that hard,” say, “Thank you” or “I really appreciate that.” Get into this habit. Start allowing yourself to hear and internalize good things.
- **Keep a list of your accomplishments.** List everything from speaking up at a team meeting to getting kudos for a big project. Use this list to remind yourself of your successes when you’re slipping into painful imposter self-talk.
- **Delve into your emotions.** Self-doubt often begins early on. Talking to a trained counselor may help you uncover and deal with some of the underlying causes of your fears.

# Is it Alzheimer's?



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Alzheimer's is not a normal part of aging; it's a disease. Yet sometimes it can be a bit tough to tell the difference between common lapses and possible signs of Alzheimer's. See if you know the difference.<sup>1</sup>

Is this a normal slip-up or possible sign of Alzheimer's?	Possible Alzheimer's symptom	Normal slip-up
1. Forgetting someone's name for a moment but remembering it later on		
2. Forgetting where you are and how you got there		
3. Forgetting what your checkbook is for		
4. Losing your glasses in the house but finding them by retracing your steps		
5. Taking an extra few seconds to find the right word		
6. Using words in conversation that make no sense at all		
7. Forgetting what season it is		
8. Asking a question over and over without realizing you're repeating yourself		
9. Asking your kids to remind you how to record a TV show		
10. Getting lost in your own neighborhood		

Generally, signs of Alzheimer's include things like becoming disoriented and losing language, reasoning, cognitive and memory skills. So examples 2,3,6,7, 8 and 10 could be signs of Alzheimer's. The other examples, 1,4,5 and 9 are more likely common slip-ups.

Learn more about Alzheimer's at the [National Alzheimer's Association website](#).

<sup>1</sup>[Alzheimer's and dementia](#). Alzheimer's Association. Accessed May 2019.

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