



Staying Grounded

We've Got This!

Goal: When high expectations of yourself and of others creep in, try to acknowledge that while the time ahead could be challenging, you can do it.

[Tip]: Make a list of all the things you have accomplished so far to remind yourself that you can do it!

Why is this important? Managing high or unrealistic expectations can help you be more patient and models a healthier way of managing stress.

References: Conversano, C., Rotondo, A., Lensi, E., Della Vista, O., Arpone, F., & Reda, M. A. (2010). Optimism and its impact on mental and physical well-being. *Clinical practice and epidemiology in mental health* : CP & EMH, 6, 25–29. <https://doi.org/10.2174/1745017901006010025>