

APRIL 2023

Go Forth With Confidence

In a world where we are constantly bombarded with many different, and often opposing, societal standards, it is difficult to build confidence. We are saturated with ideas of what we should look like or how we should act, and it is easy to lose ourselves and our sense of worth. This month, we will dive into what confidence is and how to start building it.



What's the Difference?

There are a lot of buzzwords that float around conversations that focus on confidence. Some may be confusing and some may sound like the same thing as the next. You might find yourself wondering, "What is the difference between all of these terms and how is each uniquely important?" Below, we will break down some terms that are important to know when working on building your confidence.

Self-efficacy: refers to your belief in your ability to accomplish specific tasks without becoming overwhelmed.

Example: If you believe you're capable of cooking dinner or completing a project, you likely have high self-efficacy for those tasks whereas, if you do not believe yourself capable, you would likely have lower self-efficacy.

Self-confidence: is a more broad term that describes a specific level of trust in one's abilities. This can be positive or negative.

Ex: when you practice cooking a dish, you might say "I am confident I can make this taste good" or "I am confident this will not taste good." One's level of confidence may be based on past experiences of success or failure.

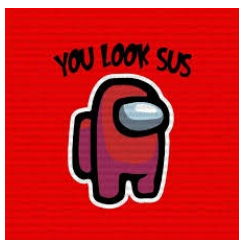
Self-esteem: refers to a belief in your overall worth.

Ex: "I'm a good person" or blanket statements about yourself may fall into this category.

Boosting Beliefs and Vital Values

Now that we understand the terms better, you may want to know how to improve yourself in these areas. There are two areas one may focus on to help build an overall positive sense of self and obtain goals; they are Beliefs and Values. Below are some steps you can take:

- Slowly stretch your comfort zone. We're not talking about large, drastic changes, but using smaller steps in areas you may tend to avoid. Strike up a conversation, try a new food, or visit a small business you've never been to.
- Try a new look. Our clothes can impact how others perceive us but can also impact how we perceive ourselves. Put something on that makes you feel like you can conquer your day.
- Adjust your posture. According to a study by Ohio State University, having good posture increases your confidence in your own thoughts.



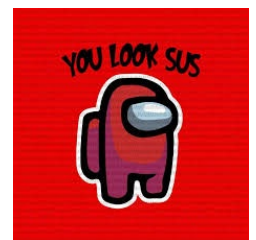
Imposter Syndrome

Ever feel like you're fooling everyone into believing you know what you're doing? Do you feel afraid that you might say or do something, and then everyone will know that you're a fraud?

That is imposter syndrome, and it's a feeling that most people

have at some point in their lives. Here are a few little ways to fight against impostor syndrome:

- It might sound scary, but if you have a question, ask it! You might be surprised by how little people mind or how supportive of a response you get.
- Evaluate your expectations. Perfectionism often goes hand in hand with imposter syndrome. Ask yourself, is someone in my position really supposed to be an expert on all these tasks and topics? Am I being fair to myself?
- Share your self-doubt with trusted coworkers or friends. Someone with more experience may be able to share how they gained confidence over time, or they might reveal that they still doubt themselves too!
- Practice self-compassion. Try to be warm and understanding toward yourself when you struggle, just as you would for a dear friend. Allow yourself to acknowledge and experience these normal and difficult emotions without pushing them away or wallowing in them for too long.
- Remind yourself that the more you practice something, the better you'll get at it. That goes for everything from complicated tasks at work to being kinder toward yourself.



Remember, everyone feels self-doubt at times, but it's up to you to decide what actions you take next.