

Read "Piled Higher and Deeper"   
 Help combat external sources of systemic imposter syndrome if you think about what you DON'T feel imposter about - why do you have confidence in them?   
 Tap into your empathy to get out of the hole of depression--care for others.

Celebrate small achievements   
 Find a group with whom you can share your struggles; empathize with others   
 It's important to identify the source of the imposter issue. Some is internal and some is external. We should not try to control what we cannot (e.g., external).   
 This feeling is a good sign...it shows you're doing the job right (pushing the envelope)

Communication!   
 Acknowledging that you are feeling imposter syndrome and then working to move through it   
 You're not a bad person for celebrating your own successes. Be sure to pat yourself on the back when you accomplish something - you don't need to be ashamed of it

Therapy and antidepressants!   
 Readjusting your goals to what makes you happy   
 Focus on the process, not the "final" (ha) destination   
 Read "Bird by Bird" by Anne Lamott! Brene Brown - author and TED talks on shame and vulnerability

Find a support system   
 Use "Yes, and..."   
 Improve strategy to subvert negative self talk and talk with others. Avoid having a reflect on what you've actually accomplished

Write down what you've accomplished each day/week and review   
 Diversification of passions/interests/hobbies so that disappointments in one area of life don't define us   
 We talked about setting the metrics for success internally as well as dealing with the external ones   
 Don't let perfection get in the way of progress   
 This is so needed. Thank you

As an advisor, name my failures and successes for my students   
 Thank you (from a grad student)

Join "Reviewer 2 Must Be Stopped!" on FB

Take time to step back and reflect on the bigger picture of accomplishments over   
 Tap into your empathy to get out of the hole of depression--care for others.

Don't talk about my friend that way" <-> "you wouldn't say it about someone else, don't say/think it about..."