Celebrate small achievements

- Find a group with whom you can share your struggles; empathize with others

Communication!

- Therapy and antidepressants!

- Readjusting your goals to what makes you happy

- Find a support system

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

Think about what you DON’T feel imposter syndrome about - why do you have confidence in this feeling is a good sign...it shows you’re doing the job right (pushing the envelope)

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

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

As an advisor, narrate my failures and successes for my students

Thank you (from a grade student)