Getting over perfectionism:

* Do your best and accept your efforts
* Let go of self-critical thoughts
* Decide to be “okay” with not always being perfect

Remember to *work towards something* and to *expect something* is very different. To expect perfection from yourself can cause a great deal more stress than to work towards perfection.

Overcoming perfectionism is a slow but accomplishable process. We all need to learn how to become our own best friend and how to find pleasure in accomplishing tasks as well as in successful results.

“We don’t have to be perfect today. We don’t have to be better than someone else. All we have to do is to be the very best we can.”

-Elder Joseph B. Wirthlin

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Perfectionism can lead to:

* Anxiety and worry
* Constant self-criticism and judgment
* Feeling worthless and not good enough
* Unhelpful self-comparison to others
* Difficulty enjoying peaceful moments
* Living in fear

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**Please Contact Us**

COUNSELING SERVICES
McKay 181 (across from the cafeteria)
Phone: (808) 675-3518
E-mail: byuhcounseling@gmail.com
Website: http://counseling.byuh.edu/

Confidential and individualized services are provided to students, and their dependents, free of charge.

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Understanding Stress:

Tools to Manage Your Stress
Be **AWARE** Of What Causes Your Stress

<table>
<thead>
<tr>
<th>Stress Induced Statements</th>
<th>Stress Reduction Statements</th>
</tr>
</thead>
<tbody>
<tr>
<td>I'm not as smart as they are.</td>
<td>I can handle it.</td>
</tr>
<tr>
<td>They make me so mad.</td>
<td>It's ok to make mistakes.</td>
</tr>
<tr>
<td>I can't understand it.</td>
<td>I can learn from it good or bad.</td>
</tr>
<tr>
<td>I'm getting nervous.</td>
<td>I HOPE it happens but I don't EXPECT IT</td>
</tr>
<tr>
<td>I'm not good enough.</td>
<td>I'll only compare me to myself.</td>
</tr>
<tr>
<td>If I don't reach that goal it will be terrible.</td>
<td>I'll do what I can under the circumstances.</td>
</tr>
<tr>
<td>If I don't get good grades, my future is ruined.</td>
<td>The Lord will support me in my trials.</td>
</tr>
<tr>
<td>Everything depends on this.</td>
<td>I'll survive.</td>
</tr>
<tr>
<td>They ought to know what I'm feeling.</td>
<td>Take one day/step at a time.</td>
</tr>
<tr>
<td>It must be my fault.</td>
<td>Put this into an eternal perspective.</td>
</tr>
<tr>
<td>I should be more like...</td>
<td>What's the worst that can happen?</td>
</tr>
<tr>
<td>They would never go out with me.</td>
<td>Getting upset just makes it worse.</td>
</tr>
</tbody>
</table>

### How to **DEAL** with Stress

It is the mind that makes the body.

**Set realistic goals for yourself**
Reduce the number of events going on in your life and you may reduce the circuit overload.

**Learn how to best relax yourself**
Meditation and breathing exercises have been proven to be very effective in controlling stress. Practice clearing your mind of disturbing thoughts.

**Get enough sleep**
Lack of rest just aggravates stress.

**Don't overwhelm yourself**
By fretting about your entire workload. Handle each task as it comes, or selectively deal with matters in some priority.

**Work off stress**
With physical activity, whether it’s jogging, tennis, gardening.

**Change the way you see things**
Learn to recognize stress for what it is. Increase your body’s feedback and make stress self-regulating.

**Don’t sweat the small stuff**
Try to prioritize a few truly important things and let the rest slide.

**Do something for others**
To help your mind off your self.

Try to be positive
Give yourself messages as to how well you can cope rather than how horrible everything is going to be.

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**Live a MINDFUL life!**

*Mindfulness gives you time. Time gives you choices. Choices, skillfully made, lead to freedom. You don't have to be swept away by your feeling. You can respond with wisdom and kindness rather than habit and reactivity.*

Most importantly, if stress is putting you in an unmanageable state or interfering with your schoolwork, social and/or work life, **seek help**. Seeking help is **NOT** a sign of weakness, it is a sign of STRENGTH.