



AWFH is a non-profit organization dedicated to advancing Asian women's health and well-being through community engagement, education, and representation.



What is Imposter Syndrome?

Imposter Syndrome is the feeling of self-doubt of intellect, skills, or accomplishments among high-achieving individuals. In partnership with Anise Health and thanks to Dr. Sheetal Ajmani - our successful Imposter Syndrome Workshop unpacked the causes of this phenomenon, reviewed techniques, and explored potential solutions to combat this feeling of inadequacy.

Individuals with Imposter Syndrome...

cannot internalize their success and subsequently experience pervasive feelings of self-doubt, anxiety, depression, and/or apprehension of being exposed as a fraud in their work, despite verifiable and objective evidence of their success.

Imposter Syndrome is common in



Women



Minorities and Immigrants



Students

and high-stake/pressure settings.

Six Characteristics of Imposter Syndrome



Imposter Cycle



Perfectionism



Super Heroism



Fear of Failure



Denial of Competence



Fear of Success

How to Address and Navigate Imposter Syndrome:



Mind

Self-Talk & Affirmation, Acceptance, Celebrate Daily Wins

Example:

"I am confident and prepared."



Emotions

Gratitude, Nervous = Excited, Keep a Hype Folder

Remember:

"Gratitude is the root of all abundance."



Body

Power-pose, Movement, Dance, Ayurveda

Tip:

Spend two minutes per day standing in a power-pose.



Relations

Talk about It, Social Support Group

Remember:

"Small changes make a large impact."

Help Resources

Anise Health - Culturally-Responsive Online Mental Health Care
anisehealth.co

Radiant Living Institute by Dr. Sheetal Ajmani
radiantlivinginstitute.com

Watch our recording here!
awfh.org/ImposterSyndrome