



Well-being: Perfectionists Need Not Apply

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outline

WHAT DO ALL THESE
HEALTH TERMS MEAN?

DOMAINS OF HEALTH

PERFECTIONISM & HEALTH

LONG-LASTING BEHAVIOR
CHANGE

SOCIAL SUPPORT

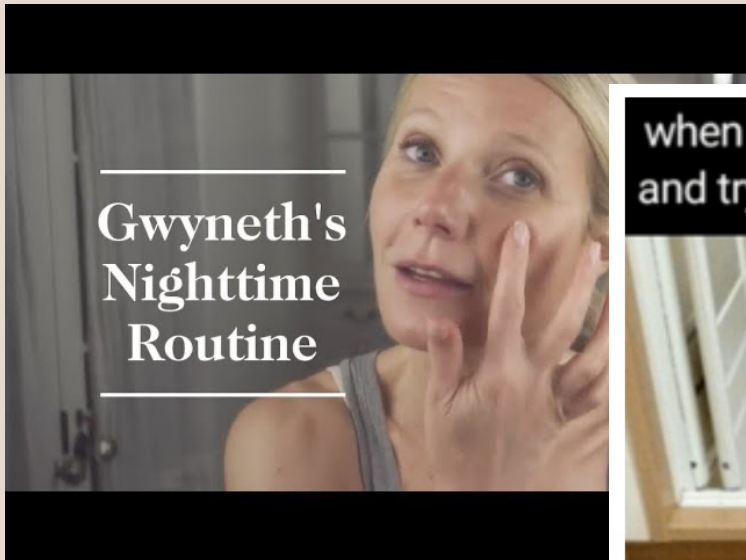
The background features a light grey base with a large, dark green organic shape on the right and a large, dark brown organic shape on the left. Stylized foliage patterns in shades of grey and brown are scattered across the top and left. The text is arranged in three main areas: 'wellness culture' in white on the green shape, 'well-being' and 'balance' in white on the brown shape, and 'self-care' in brown on the grey area.

wellness
culture

well-being

balance

self-care



<https://www.youtube.com/watch?v=PQu4XKI86z8>



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when ur trying to be good to yourself
and trying out new self-care methods



Hey guys am I doing this right

<https://www.fleurishpsychotherapy.com/blog/4-stereotypes-about-self-care-that-arent-always-true>



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HEALTH

“A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” –WHO



WELLNESS

“An active process through which people become aware of, and make choices toward, a more successful existence.” –National Wellness Institute

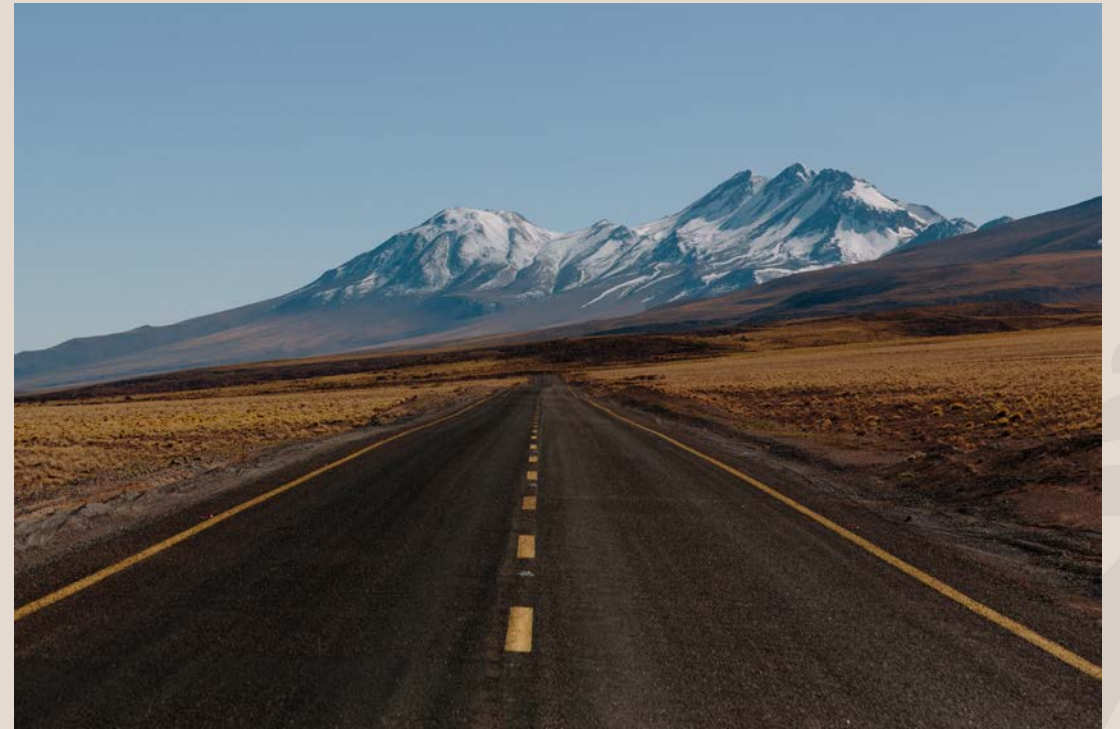


WELL-BEING

A global assessment of a person's quality of life impacted by different domains of health

The path to a life worth living and flourishing.

Health vs. Wellness/Well-being



Domains of Health/ Well-being



<https://extension.unh.edu/health-well-being/programs/wellness-wheel-assessment>

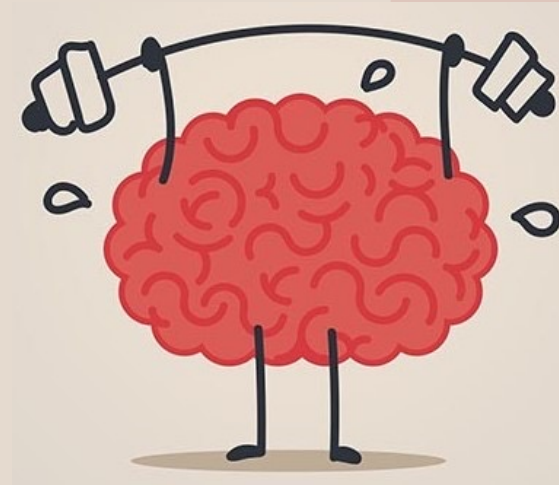
Think of a time that you were really killing it!

- Physically



Think of a time that you were really killing it!

- Physically
- Mentally
- Socially
- Spiritually



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Perfectionism

I have CDO. It's like OCD, but all of the letters are in alphabetical order, like they are supposed to be.



your  cards
someecards.com

LITTLE MISS PERFECTIONIST



<https://www.redbubble.com/i/sticker/Little-Miss-Perfectionist-by-BoldNFresh/120230561.EJUG5>

Adaptive Perfectionism

```
graph LR; A[Adaptive Perfectionism] --- B[EXCELLENCE SEEKING]; A --- C[DEVELOPING NEW SKILLS]; A --- D[INCREASING STANDARDS]; A --- E[APPROACH WORK WITH OPTIMISM]; A --- F[DESIRE TO IMPROVE];
```

EXCELLENCE SEEKING

DEVELOPING NEW SKILLS

INCREASING STANDARDS

APPROACH WORK WITH
OPTIMISM

DESIRE TO IMPROVE

Multidimensional Perfectionism

SELF-ORIENTED

- Demand perfection from myself

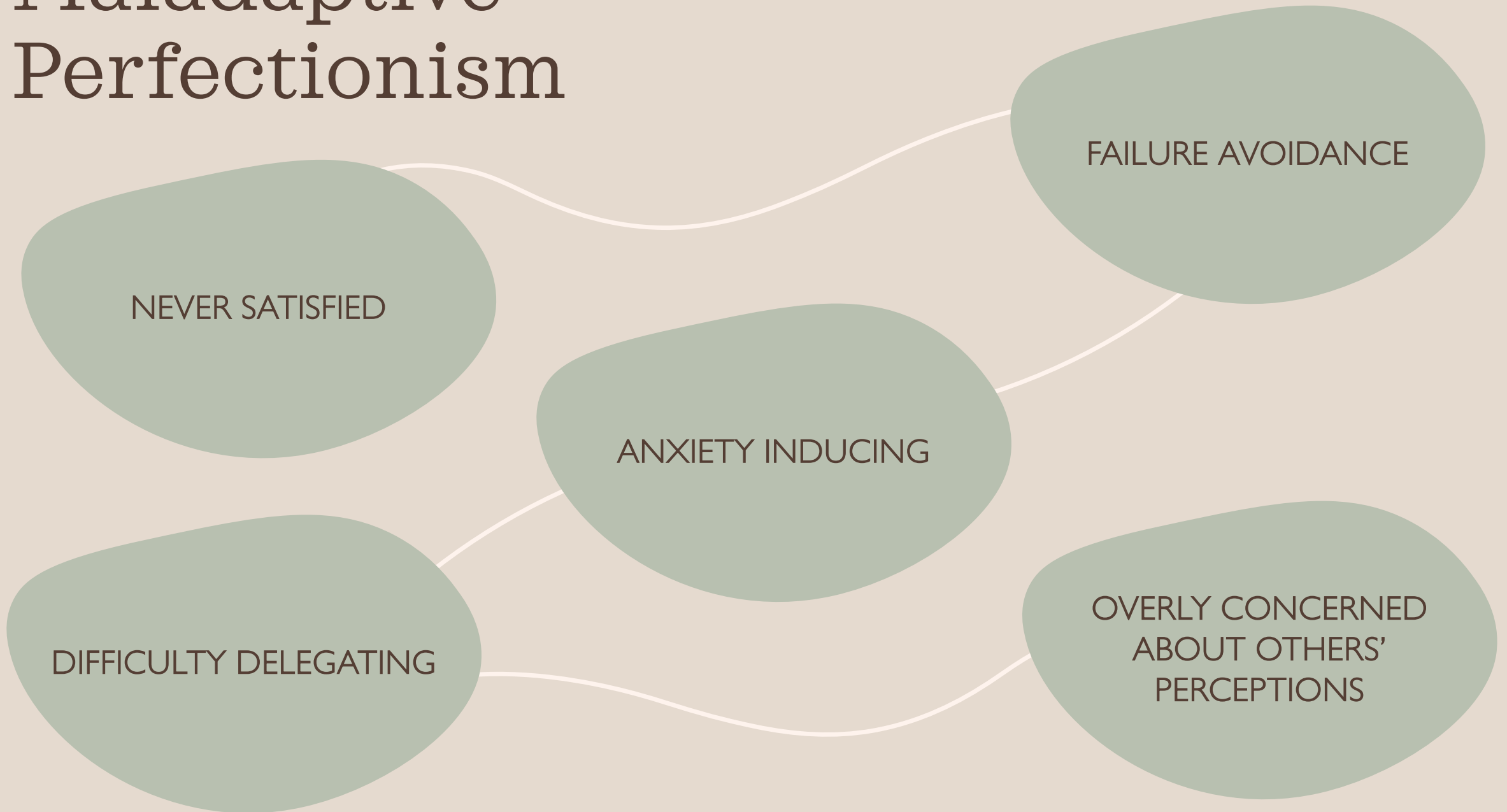
OTHER-ORIENTED

- Demand perfection from others

SOCIALLY PRESCRIBED

- Pressure from others to be perfect

Maladaptive Perfectionism



What's the problem?

Anxiety

Depression

Eating disorders/disordered eating

Chronic fatigue syndrome

Migraines

Relationship difficulties

Less likely to seek healthcare

Lower self-esteem

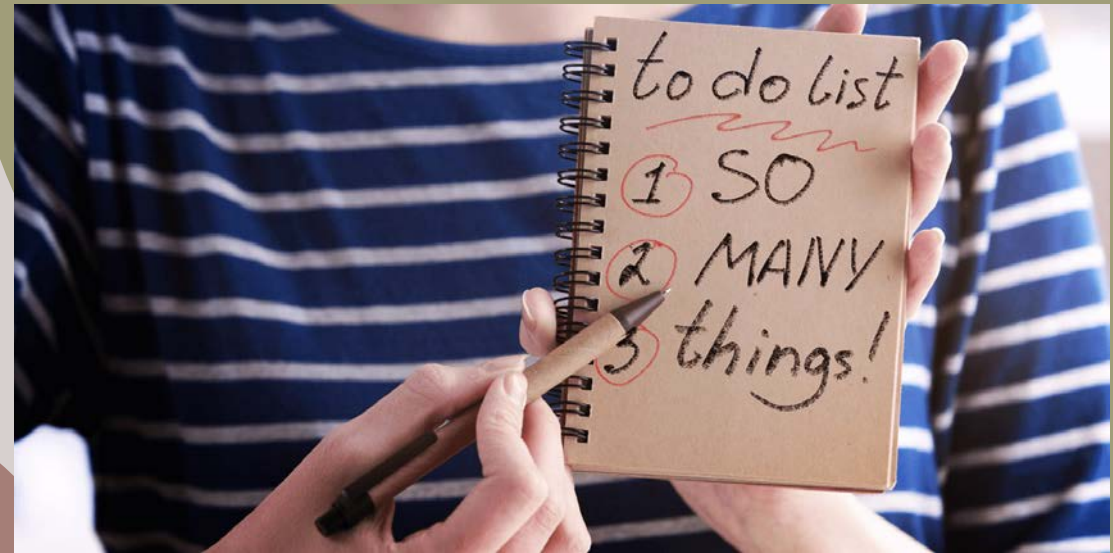
Lower levels of creativity

Decreased productivity





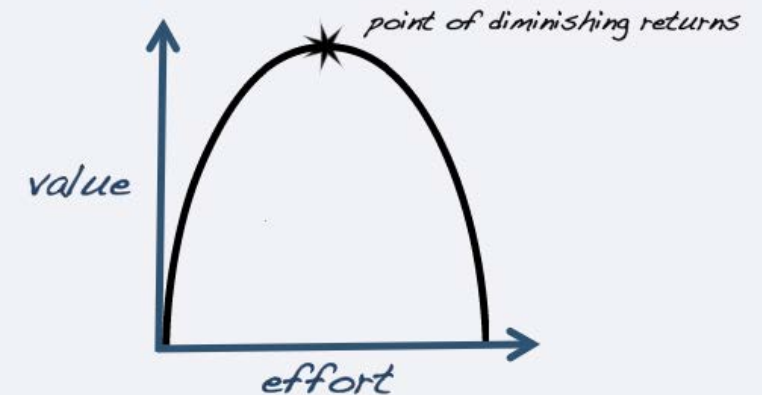
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<https://www.flexjobs.com/blog/post/to-do-list-causing-stress-what-to-do/>

Pathway to Flourishing

“GOOD ENOUGH”



<https://www.conversationagent.com/2015/07/the-trouble-with-good-enough.html>

Framework for Effective Behavior Change focused on Flourishing

- Identify:
 - Needs
 - Values/Character Strengths
 - Strengths



Framework for Effective Behavior Change focused on Flourishing

- Create a vision



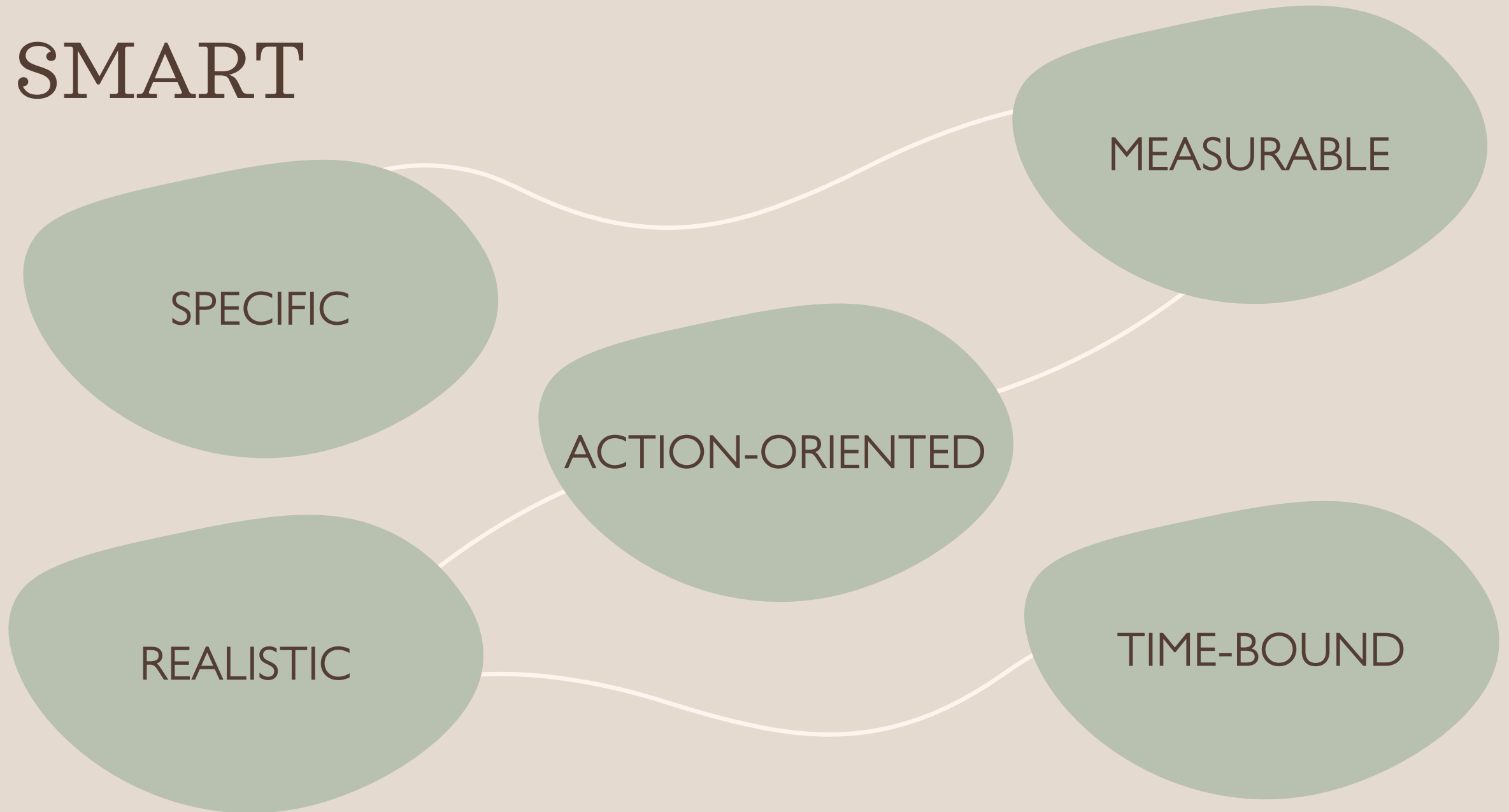
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Framework for Effective Behavior Change focused on Flourishing

- Create a vision
- Goal-setting
 - SMART Goals



SMART



Framework for Effective Behavior Change focused on Flourishing

- Create a vision
- Goal-setting
 - SMART Goals
 - Tiny Habits



Framework for Effective Behavior Change focused on Flourishing

- Create a vision
- Goal-setting
 - SMART Goals
 - Tiny Habits
- Social Support



Social Isolation

- Increased risk of disease (physical and mental)
- Increased rates of premature death
- Faster cognitive decline in older adults
- Risk of social fragmentation




Damon Winter/The New York Times

Framework for Effective Behavior Change focused on Flourishing

- Create a vision
- Goal-setting
 - SMART Goals
 - Tiny Habits
- Social Support

“Real self-care is about community, not consumerism.”
~Pooja Lakshmin, MD





Who's in
your
corner???

WANT MORE? COME *FLOURISH*

Regardless of where you've been, where you are now or where you want to be in the future, this holistic, evidence-based course will help you clarify what 'flourishing' looks like for you — *and* develop the action steps to get there.

Learn to:

- Identify your unique strengths
- Build a sphere of support
- Set goals to realize your mental, emotional, and physical wellness

**Weekly on Zoom | Fridays from 11:30am –
12:45pm starting Feb. 2nd**



**WHITWORTH
*LEARN***



thank you

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