

PERFECTIONISM AND MENTAL HEALTH

Instructions:

Being less perfectionistic (and harsh on yourself and others) takes time and practice.

Here are three handy tips.

1 **Remind yourself** why you want to be less perfectionistic and the benefits of changing the negative ways you think about yourself or other people.

2 **Re-examine** the activities and resources again. If they helped you better understand perfectionism the first time, they might be even better a second time.

3 **Reach** out and ask for help. If you feel like you need some support, find someone you trust and speak with them about the issues you are having.

