

A woman with dark hair, wearing a grey hoodie, is smiling warmly while holding a baby. The baby is wearing a white t-shirt with a cartoon pattern. They are sitting at a desk with a laptop open in front of them. The laptop screen shows a website with various elements. The word "achieve it." is overlaid on the image in a large, white, sans-serif font, with the letter 'a' in orange and a curved arrow pointing to the right.

achieve it.

Feeling anxious about re-entering the workplace?

If your expectation is that you must be perfect all the time, when you're faced with the unknown of a new situation, your mind will create a sense of anxiety.

Pursuing "good enough" can set you free.

Let's achieve it.

A quote is centered on a white rectangular background. The text is set against a soft, watercolor-style wash in shades of orange and pink. The words "DON'T LET" and "BE THE ENEMY OF" are in a simple, uppercase, sans-serif font. The words "perfect" and "good" are written in a flowing, cursive script font.

DON'T LET
perfect
BE THE ENEMY OF
good

Overcoming Anxiety

“Our anxiety does not come from thinking about the future, but from trying to control it.”

Kahlil Gibran

One of the challenges we often hear about when making a big change – like starting a new career or re-entering the workforce after giving birth – is overcoming anxiety.

It’s natural to fear the unknown. And if we believe that we have to show up perfect – never making mistakes or even being a beginner who needs to learn – we are probably feeling a lot of anxiety! Women in particular have faced a long-standing societal pressure to be perfect at home, with their family, and in their career. Yet this pressure only deepens our feelings of anxiety, preventing us from doing our best and setting us up for failure.

The first step to overcoming anxiety is to recognize where it is coming from. To some extent, life is always a journey into the unknown. If we can see this journey as an adventure and give ourselves permission to be less than perfect, our fear and anxiety immediately begin to subside. Another quick way to regain confidence is to set grounded, easily achievable expectations that set you up to succeed. For example, *‘I am going to do my best at my new job and learn more each day’* is a much more grounded expectation and will serve you better than *‘I will be perfect in my new job.’*

Likewise, staying focused on these achievable milestones, and adopting an attitude of continual learning and growth, will help keep you from feeling overwhelmed and give you back that critical sense of control. Keep your focus in today – how can you contribute right now? What can you do in this moment? Every action you take will increase your confidence and diminish your fear and anxiety.

Physical activity is also one of the best ways to reduce anxiety. A brisk walk, an exercise “snack” or spending your lunch hour or break outside in nature – all can work wonders for your attitude and sense of well-being.