

OSSSG Session: Letting go of Perfect

October 22, 2021 | Resources to Explore

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Some videos:

- The Self Compassion Break (guided Lewis Psychology; 5 min)
https://www.youtube.com/watch?v=OoRY3L_EJx0&feature=youtu.be
- The Problem with Perfectionism (The School of Life; 3 min)
https://youtu.be/g8pti-Swh_E
- The Perfectionist Trap (The School of Life, 4 min)
<https://youtu.be/BY6bGhcnDDs>
- Why Perfectionism Isn't as Good as You Think (SciShow Psych (Hank Green), 7 min)
<https://www.youtube.com/watch?app=desktop&v=7PR0tDfCatU&t=31s>
- Striving for Imperfection: Finding Happiness as an Imperfect Being (Scott "Q" Marcus, TEDxEureka; 10 min)
<https://www.youtube.com/watch?app=desktop&v=cpVNxwJmHic&feature=youtu.be>
- Perfectionism holds us back. Here's why (Charly Haversat, TED Institute; 9 min)
<https://www.youtube.com/watch?app=desktop&v=tAgQkL7bIYQ>
- The Perfection Detox (Petra Kolber, TEDxSyracuseUniversity, 11 min)
<https://www.youtube.com/watch?v=cPL2FE7ZPTg>

Everything else:

- The Gifts of Imperfection (Book), Brené Brown
<https://brenebrown.com/thegifts-hub/> (*Link included other things too!)
- The Seven Secrets of Highly Successful Research Students (Kearns & Gardiner, 2011)
<http://osu-wams-blogs-uploads.s3.amazonaws.com/blogs.dir/2610/files/2018/08/Kearns.Gardiner.2011.7Secrets.pdf>
- Kristen Neff and Self-Compassion Website
<https://self-compassion.org/> (*Includes information and many self-compassion guided exercises)
- Self-Compassion: The Antidote to Perfectionism (Kindful Body, 2018)
<https://www.kindfulbody.com/blog/self-compassion-antidote-perfectionism>
- There's a Name for the Blah You're Feeling: It's Called Languishing (Grant, 2021)
<https://www.nytimes.com/2021/04/19/well/mind/covid-mental-health-languishing.html>
- How to Challenge Your Perfectionism (CBT Psychology Blogs, n.d.)
<https://cbtpsychology.com/perfectionism/>
- 10 Ways to Overcome Perfectionism (Oregon Counseling, 2021)
<https://oregoncounseling.com/article/10-ways-to-overcome-perfectionism/>
- How to Respond to Microaggressions (Yoon, 2020)
<https://www.nytimes.com/2020/03/03/smarter-living/how-to-respond-to-microaggressions.html>