

Today's discussion caused me to examine how perfectionism has affected my wellbeing. I have sometimes placed **unrealistic expectations on myself and associated asking for help with failure**. I now recognize that this mindset can increase stress and prevent healthy communication. Safe nursing practice requires honesty about personal limitations. I am learning to focus on steady improvement instead of appearing perfect. When I begin feeling overwhelmed, I will pause, evaluate the situation objectively, and ask for appropriate support rather than allowing pressure to guide my decisions.

Monday, Apr 6

