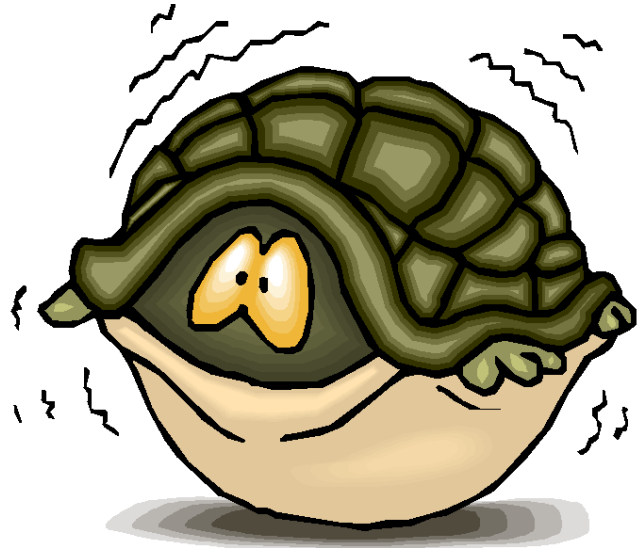


Wellbeing Tip of the Week

Overcoming the fear of failure



Failure is an inevitable part of life. We all make mistakes. But why do we let it stop us from trying? When we experience failure, feelings of rejection are triggered and our brain processes it as physical pain. This is why failure can feel like it hurts physically as well as emotionally. We might stop trying in order to protect ourselves from experiencing these feelings again. But, if we stop trying, we'll never grow and reach our potential. It's important to learn to work through the pain of a failure.

First step is to accept those difficult feelings so we can process them and move forward and then try to put the situation into perspective. We can then re-focus on our original goal and consider what we can learn from our failure and do differently next time to get us closer to our goal. The only thing standing in the way of success is our fear of failure.

“The one who falls and gets up is stronger than the one who never tried. Do not fear failure but rather fear not trying.”

Paulo Coelho.