

THE MONTHLY MENTAL (Reset)



Who are we?

I am Jenelle Hampson, a licensed mental health therapist, and I firmly believe it is essential to take time to check-in on our mental and emotional health. Since our lives are so busy, it's easy to get trapped in autopilot and let our minds and emotions run wild. A mismanaged mind can leave us feeling full of anxiety & depression, emotionally reactive, and struggling to be present enough to live a content and purposeful life. My goal for "The Monthly Mental" is to help you check-in and reset your mind and your heart to align with the life you want to live.

Mental Check

Where is your mind at this month... Why is it important to think about what we think about; because **what you believe about your life is more real than what is actually happening**. This month's focus is imposter syndrome. It doesn't always show up as a loud voice; sometimes it's the quiet thought whispering, "I'm not really qualified." These thoughts often go unchecked, but they shape how you show up — or don't. This month's question: What thought patterns are convincing you that you don't belong — and where did they come from?



Heart Check

Where is your heart at this month... It is vital to take time to check-in on our emotions and evaluate our inner emotional dialog. Feeling like a fraud can trigger deep emotional insecurity such as fear, shame, anxiety, even sadness. The danger is not just believing the thoughts, but letting them disconnect you from the pride, joy, and courage that come with showing up fully. This month's question: How can you validate your feelings without letting them control your worth?

MONTHLY MENTAL

Mindset & Strategy

Topic: Imposter Syndrome

About Imposter Syndrome



Imposter syndrome is a pattern of persistent self-doubt that makes high-achievers feel undeserving of success. It's often rooted in early environments that praised performance over presence, or where worth was tied to perfection and approval. This internalized pressure can lead individuals to attribute their accomplishments to luck rather than ability, creating chronic anxiety about being "found out" as a fraud. Over time, imposter syndrome can undermine confidence, limit risk-taking, and hinder both personal and professional growth.

Mindset Shift

Start reframing "I don't belong here" to "I'm still learning and that's valid." Even the most accomplished people feel uncertainty. Remind yourself: growth often feels like discomfort, not fraudulence. Progress does not require perfection, only persistence. Each step you take, even when unsure, is evidence that you are showing up and that matters.



Strategy Implementation

Start a "proof list." Each week, write down moments that show your competence: challenges you've handled, compliments you've received, or obstacles you've pushed through. This builds evidence against the internal critic and helps rewire your self-perception.