

BRIGHTER TOGETHER

Your health & wellness matters!

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IMPOSTER SYNDROME

The Hidden Pressure Behind Success

Imposter Syndrome is a well-studied psychological phenomenon experienced by a surprising number of high-performing people. It often surfaces during meaningful moments - a new role, increased responsibility, or a well-deserved success. At its core, it's a temporary disconnect between how capable you actually are and how capable you feel in the moment.

Outside pressures can play a role too. A high-stakes environment, a major transition, or an intensely competitive setting can amplify self-doubt even in the most capable, accomplished people. Understanding where it's coming from - whether internal or external - is often the first and most important step toward managing it.

5 Tips Worth Considering

Imposter Syndrome can be helped with intention and the right perspective shifts. The following tips can help you quiet the doubt and reconnect with what you already know to be true.



Acknowledge Your Strengths & Accomplishments

Your skills and contributions are real. When self-doubt surfaces, return to concrete examples of your work and impact. Evidence can be more reliable than feelings.



Reframe Obstacles as Growth

Challenges are where your greatest growth happens - not despite the difficulty, but because of it. Shifting from "I'm failing" to "I'm learning" can fundamentally change how you process setbacks.



Own What You've Earned

Your accomplishments are a direct reflection of your work, dedication, and unique value. Celebrate this. You have earned everything you have, and you deserve it.



Release the Need to Control Perceptions

The people around you are usually far more focused on their own growth than you might think. Letting go of that weight can create space to focus on what you do best.



Take Transitions One Step at a Time

Change brings opportunity, even when it feels uncertain. Every step forward - no matter how small - is progress. Know your limits, protect your energy, and trust your ability to adapt.

Imposter Syndrome is something many high-performing people experience - and it is a sign that you care deeply about what you do. Questioning yourself is often a reflection of self-awareness and drive. With the right perspective and a little practice, you can quiet the noise, trust what you know, and lead with the confidence you have earned.



COGNITIVE HEALTH

What You Do Today Shapes Tomorrow

Your 40s and 50s are a powerful and exciting time to invest in your brain health - and the good news is that small, everyday habits can make a real and lasting difference. This is a genuine opportunity worth embracing.

Movement, quality sleep, and managing everyday stress are all wonderful places to start. Staying socially connected and keeping your mind actively engaged are equally valuable - research continues to highlight their positive role in supporting long-term brain health and overall wellbeing.

The best part is that none of this has to be overwhelming or complicated. Simple, consistent choices - a daily walk, a good night's sleep, a conversation with a friend - can all contribute to a healthier, sharper mind over time. These habits are accessible to most people and widely supported by decades of research.

If you have any questions or concerns about your cognitive health, your doctor is always your best resource and partner in that journey.

The positive steps you take today are always a reason to feel good about tomorrow.

ULTRA-PROCESSED FOODS

The Power of Informed Choices

Understanding what goes into ultra-processed foods can be a powerful and eye-opening first step toward making more informed choices. Many of these products are formulated with combinations of salt, sugar, and fat that can make it harder for your body to recognize its own natural fullness cues - something researchers have studied and continue to explore.

The good news is that awareness itself is a meaningful tool. When you understand what you are working with, the focus naturally shifts away from self-blame and toward simple, positive changes that feel sustainable over time.

Small steps can go a long way. Exploring ingredient labels, keeping whole foods visible and accessible at home, and making gradual swaps are all approachable places to start. None of this requires perfection - just curiosity and a willingness to make one better choice at a time.

Eating well looks different for everyone. If you have specific questions about nutrition and what works best for you, speaking with a healthcare professional is always a great idea.

Beef & Bean Burger



Makes 8 servings

INGREDIENTS

- 1 can low sodium black beans, drained/ rinsed
- ½ cup finely chopped onion
- 3 cloves garlic, minced
- 2 tbsp Dijon mustard
- 1 tsp ground cumin
- ½ tbsp paprika
- ½ tsp salt
- ¼ tsp black pepper
- 1 egg
- 1 lb extra lean ground beef

DIRECTIONS

1. Preheat the oven to 200 °C (400 °F) and line a baking sheet with aluminum foil.
2. In a large bowl, mash black beans with a fork or a potato masher.
3. To the same bowl, mix in onion, garlic, mustard, cumin, paprika, salt, pepper, and egg.
4. Add ground beef and mix thoroughly. Firmly form into 8 burger patties and place onto the baking sheet.
5. Bake for 15 to 17 minutes. Use a digital food thermometer to check that the burgers have reached an internal temperature of 165 °F.

***"Your body and your mind
are always working for you.
Give them the right
conditions - you deserve it!"***