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# Do we always need to be perfect?

Focussing too much on being perfect can trigger chronic stress, so it's important to deal with it in a healthy way, both in your day-to-day life and at work.

## Think about your personal limits

Striving for excellence is not a bad thing in itself. However, if you constantly push for perfection and flawless results in virtually every situation, this can cause different types of psychological stress in the long run.

## Scrutinise your own behaviour

To identify potentially destructive behaviour patterns, it helps to scrutinise your own actions, how you expected them to benefit you in each case, and the possible consequences. Goals should be realistic.

## Recognise your strengths and be thankful

Everyone has their own individual strengths and weaknesses. Instead of constantly comparing yourself to others, focus on what you're personally really good at and enjoy. Thinking about your successes and positive attributes will give you a greater sense of self-love and gratitude.

## Learn to accept yourself for who you are

Accept yourself as a person with rough edges and flaws. Admitting to your own failings and weaknesses and accepting them with patience, tolerance and humour can eliminate self-doubt and make you feel more at peace, joyful, spontaneous and creative.