This month’s newsletter focuses on perfectionism, how it affects us, and what we can do about it.

1. Resources available:
   - Overcoming Perfectionism
   - Greater Good in Action
   - Self-compassion exercises
   - KUMC Counseling & Educational Support Services

   Psychological services are offered within a confidential atmosphere of safety and respect to assist individuals in addressing emotional and interpersonal issues that may be affecting their well-being.

2. Guided Meditations:
   - UCLA Mindful Awareness Research Center

3. Ted Talk(s) of the month:

   - Our dangerous obsession with perfectionism is getting worse | Thomas Curran | TEDMED 2018

   Description from [www.ted.com](http://www.ted.com):

   Social psychologist Thomas Curran explores how the pressure to be perfect -- in our social media feeds, in school, at work -- is driving a rise in mental illness, especially among young people. Learn more about the causes of this phenomenon and how we can create a culture that celebrates the joys of imperfection.