



# HOW TO STUMBLE PROUDLY IN A PERFECTION OBSESSED WORLD

We all stumble — through anxiety, uncertainty, and the moments that make us feel “not enough.”

But what if those stumbles weren’t signs of weakness...

*What if they were stories that connect us?*

Join Loyola alum, professor, and psychologist Dr. Shreya Hessler for a conversation inspired by her TED Talk on battling perfectionism in the modern world. Alongside her clinical and teaching work, she’s gained national attention for her approach to digital well-being—her “Digital Detox” course was featured in The Washington Post.



SCAN THE QR CODE TO WATCH DR.  
HESSLER'S TEDX TALK



[www.drhessler.com](http://www.drhessler.com)

February 18th, 2026, 6:30-8:00 pm

LOCATION

Sponsored by Psi Chi & Psychology Club