This month, IMPACT wants to focus on the topic of health and medicine, something that is vitally important to all of our lives! Each week, we will provide you with a new and very interesting fact or statistic regarding health and medicine. This week’s fact:

Four traits that prolong anxiety and worry are perfectionism, psychological signs of stress, and excessive need for control. If you believe that you have these traits, take control of your anxiety and worry today by:

- Exercising and allowing yourself time for rest and leisure
- Communicating your feelings to others and seeking support

The Counseling Center can help you learn techniques to overcome your anxiety. If you would like help managing your anxiety or worry, please stop by and talk with one of our professional counselors. More information about anxiety in college may be found here: http://www.studentloans.gov prior to December 5, 2014.

EXERCISE IS MEDICINE (EIM) Session 2 begins on November 12th at 7:30 PM. Participation in the EIM program is free and open to the general public.

For more information about EIM, contact Angel Miano at amiano@usca.edu.