

Body Image

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What is Body Image?

Body image is not just what you see when you look in the mirror. It is also what you feel when you think about your body and how you feel in your body. If you feel ashamed, self-conscious, and anxious in your body, then you have negative body image. If you feel comfortable and confident in your body, then you have positive body image.

10 Ways to Improve Your Body Image!

- 1. Make a gratitude list.** Write down everything about yourself that you are thankful for. Tape it up somewhere you'll see it often!
- 2. Get rid of the scale!** Dump it in the trash; smash it with a hammer; do anything but weigh yourself. Your value has NOTHING to do with how much you weigh.
- 3. Do at least one nice thing for yourself every day.** Take a bubble bath, take a quiet walk, play on the swings at the park, listen to your favorite song, call up an old friend... anything that makes you feel good. You deserve it!
- 4. Journal your thoughts and feelings.** For every negative thing you write down, write 2 positives.
- 5. Use your support network!** Surround yourself with healthy people who love you for who you are. Ask for affirmations (or hugs!) on days when you might be struggling.
- 6. Wear clothes you feel comfortable in.** Dress to express yourself, not to impress others.
- 7. Ditch the "fat talk."** Set an example for your friends and refuse to engage in conversations about fat, diets, weight, looks, etc.
- 8. Challenge yourself!** Take a class that interests you; find a new sport; talk to new people; volunteer; etc. Do things that focus on your value as a person.
- 9. Listen to your body.** Eat when you're hungry. Exercise (in fun ways!). Rest when you're tired. Taking care of your body will make you feel good physically, mentally, and emotionally.
- 10. Live each day to the fullest.** Life is too short to waste away focusing on not liking yourself.

Positive Affirmations for a Healthy, Happy Life

Affirmations are ideas or phrases you consciously say to produce desired results. Say these every day and watch your body image transform!

- **Today I am glad to be ME!**
- **I cannot climb uphill by thinking downhill thoughts.**
- **My body is a beautiful expression of my spirit.**
- **I deserve love, happiness, and prosperity.**
- **It is okay to feel good about myself... and I do!**
- **I will value myself today for both my perfections and especially my imperfections.**

For more affirmations, visit www.something-fishy.org

Eating Disorders

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Dear Parents,
Please take time to review these handouts. *Body Image and Eating Disorders* is an important topic you should talk about with your child. If you, or someone you know, may be suffering from an eating disorder, please seek professional help now.

Anorexia Nervosa

...self starvation and extreme weight loss

Symptoms:

- Refusal to maintain a healthy weight
- Intense fear of weight gain or being “fat”
- Feeling “fat” or overweight despite extreme weight loss.
- Extreme concern with body weight and shape.
- Social isolation or withdrawal from normal activities.

Bulimia Nervosa

...secretive cycles of binge eating and purging

Symptoms:

- Repeated episodes of binge eating followed by purging (laxatives, exercise, vomiting, diuretics, fasting)
- Extreme concern with body weight and shape
- Intense fear of weight gain or calories
- Frequent dieting

Binge Eating Disorder

...compulsive overeating

Symptoms:

- Uncontrolled, impulsive, or continuous eating beyond the point of feeling comfortably full
- Feelings of self-hatred or shame following binges
- Repeated episodes of binge eating without purging
- Struggles with poor self esteem, anxiety, depression, and/or loneliness

Eating Disorders Otherwise Undefined

...not every eating disorder fits neatly into one category

Symptoms:

- Combinations of the signs and symptoms of anorexia, bulimia, and/or binge-eating
- Compulsive over exercising to compensate for calorie intake
- Extreme preoccupation with “health foods” and eating “healthy”

What are Eating Disorders?

An eating disorder is a disease in which a person suffers from extreme emotions, attitudes, and behaviors surrounding food and weight issues. Eating disorders severely affect quality of life and can have long lasting effects on the physical and emotional health of a person.

Who is affected by Eating Disorders?

Many people are under the misperception that Eating Disorders affect only young girls. This is NOT true. Both men and women from young to old suffer from eating disorders.

Eating Disorder Awareness is Important

Not only do Eating Disorders have serious physical and psychological ramifications, this disease is FATAL. Spreading information about this deadly disease can help save lives.

Eating Disorder Facts and Statistics

- Without treatment, up to 20% of people with serious eating disorders die. With treatment, the mortality rate drops to 2-3%
- An estimated 10-15% of people with anorexia or bulimia are male.
- Anorexia nervosa has the highest death rate of any psychiatric illness (including major depression)
- Despite their prevalence, eating disorders continue to receive inadequate research funding. For example, research dollars spent on anorexia alone averaged \$0.70 per affected individual compared to over \$159 per affected individual for schizophrenia.
- Only 1 in 10 people with eating disorders receive treatment.
- Nearly half of all Americans know someone with an eating disorder

Additional Eating Disorder Resources:

www.jackiememorial.org
www.edreferral.com
www.something-fishy.org
www.nationaleatingdisorders.org
www.lomalindahealth.org
www.thebellavita.com