

Body Image & Eating Disorders

More Feet on the Ground

Key Terminology

What does it mean?

BODY IMAGE

The mental picture you have of your body. Includes factors of satisfaction, investment, behaviour, and perception.

SELF ESTEEM

Overall opinion of one's self

EATING DISORDER

A significant preoccupation with food and weight that results in risky behaviour and difficulty focusing anything else.





POOR BODY IMAGE CAN LOWER

SELF ESTEEM AND POOR SELF ESTEEM CAN LOWER BODY IMAGE...

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POOR BODY IMAGE AND SELF ESTEEM INCREASE THE RISK OF AN

EATING DISORDER.

THEY ALL LINK TOGETHER!

Common Misconceptions

~~*“My body image is fine because I’m happy with my weight...”*~~

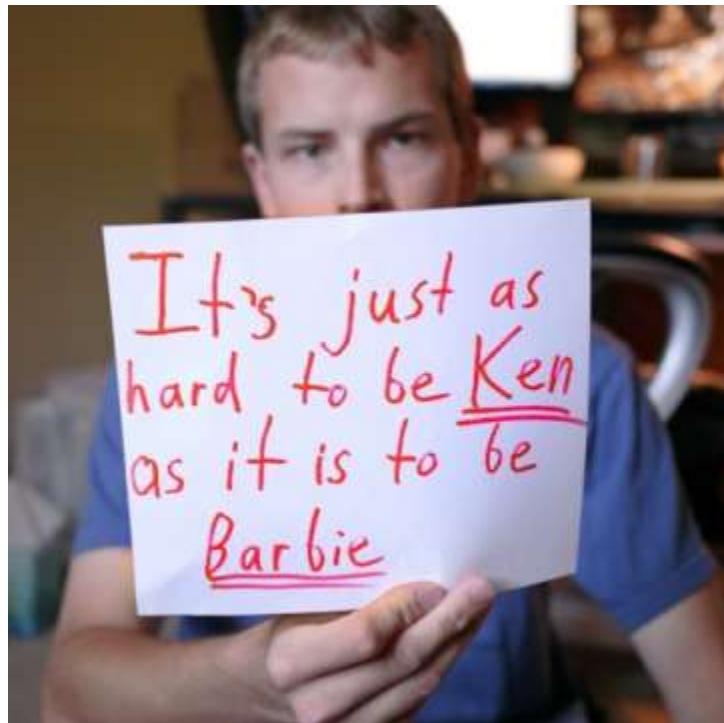
Body image isn’t just about weight!

~~*“Only women are affected by eating disorders, low self esteem and poor body image...”*~~

Men struggle with these challenges too!

Male Body Image

- * <https://www.youtube.com/watch?v=Mfxl3a3LSrk>



Types of Eating Disorders

Anorexia Nervosa

Self induced starvation and excessive weight loss.

Bulimia Nervosa

Repeated bingeing (excessive eating) and purging (ridding food from the body).

Binge Eating Disorder

Recurring episodes of excessive and uncontrolled eating.

Pica

Strong and persistent desires to eat, lick or chew non-nutritive substances.

Other Eating Disorders

NEW/UNRECOGNIZED DISORDERS

Orthorexia

Out-of-control obsession with healthy or righteous eating

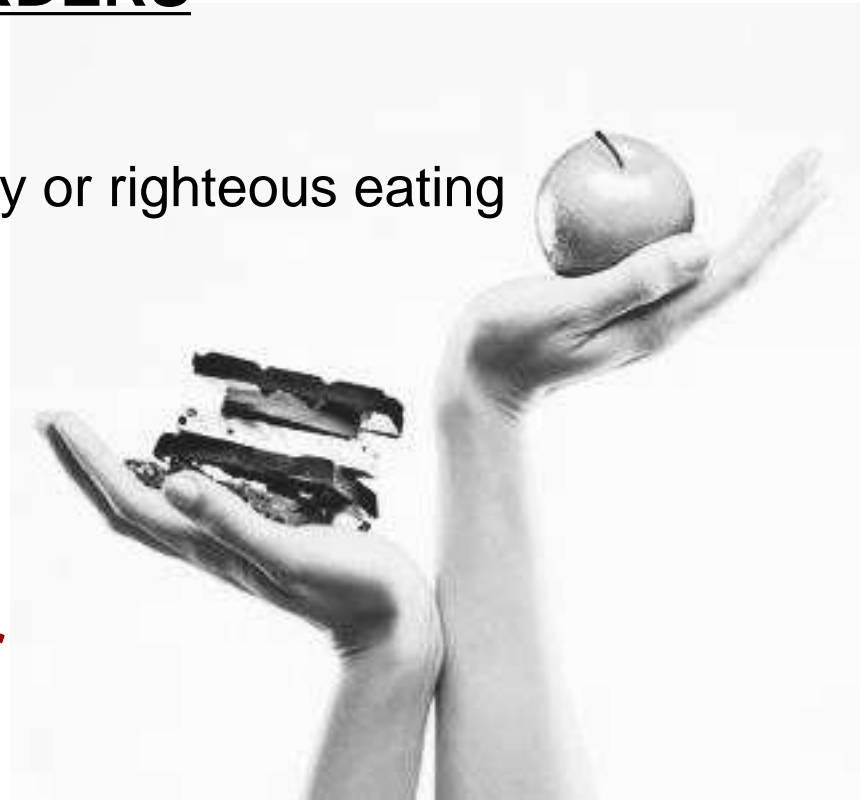
Muscle Dysmorphia

Obsession with muscle mass

RELATED DISORDER

Body Dysmorphic Disorder

Obsession with “defect” in appearance



Contributing Factors



- Family History
- Chemical Imbalance
 - Co-Morbidity
- Interpersonal Factors
 - Media

Example:

<https://www.youtube.com/watch?v=Ei6JvK0W60I>

Treatment Options

Psychotherapy



Medication



Alternative or Complementary Options



Yoga

Acupuncture

Meditation

Supporting Someone: “CPR” Acronym

- C** You didn't **cause** it. You can't **control** it. You can't **cure** it. With help, you can learn not to **contribute** to it.
- P** Don't **panic**. Remember recovery is a **process**. **Progress** is the goal, not **perfection**. **Patience** is critical.
- R** **Remember** to listen and **reflect** before you speak. **Recovery** is a journey, a long **road** that includes **relapse**. **Reach** out to others for love and support.

www.morefeetontheground.ca

Online training tool focused on recognizing, responding to, and referring students experiencing mental health challenges.

Resources on Campus

Resources in the Community