

BODY IMAGE

> EATING DISORDERS

Anorexia Nervosa and Bulimia Nervosa are both very serious eating disorders. Unhealthy weight management and binge-eating are ways that eating disorders begin. People with these disorders struggle with fantasies, motives or anxieties that are largely influenced by the culture they are living in. Many have a distorted view of their own body and have negative thoughts about weight.



CULTURE

the pressure to be thin from the photo-shopped models or actors in advertisements, internet, movies and TV.

BIOLOGY

genes, hormones and brain chemicals which may influence eating disorders.



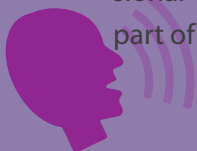
PERSONAL CHARACTERISTICS

low self esteem, body image problems, substance abuse, depression or anxiety

Causes of Eating Disorders

> GETTING HELP

Talking with friends and family is a good way to start. Eating Disorders are complex and potentially life threatening. Meeting with a professional counselor is also an extremely important part of getting better.



> KNOWING THE WARNING SIGNS

Extreme concern over body and weight
Going to bathroom directly after meals
Rapid, unexplained weight changes
Making excuses to avoid eating
Eating alone or in secret
Constant dieting



Browse the web!

Check out body image websites that have real life stories from people just like you.

Here are a few to start with:

Loveyourbody.org

Proud2bme.org

Thebodypositive.org



VISIT OUR WEBSITE
(www.gvsu.edu/counsel)





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