

There's a lot of societal pressure to look a certain way and many people are not happy with their reflection in the mirror. If your reflection leaves you feeling down about yourself, interferes with your relationships, or leads you to unhealthy diets or excessive exercise, we are here to help.

The truth is that healthy bodies come in a variety of shapes and sizes. Focus on taking care of your body without worrying about whether you're 'too' big or small. Choose a lifestyle that includes healthy eating and enjoyable physical activity as a way to feel better and live longer.

The Body Project Group and Workshops

Female students are invited to participate in a program that focuses on body acceptance! This program is aimed at helping women feel better about their bodies. This intervention has been found to improve body satisfaction, reduce risk for eating disorders, and improve school and social functioning. *The Body Project* is discussion based and will include some home activities to be done on your own between sessions. Would you say that you have concerns or dissatisfaction with your body? Please call CAPS at 479-575-5276 to arrange an initial assessment and ask the counselor about this program.

About Eating Disorders

Eating disorders encompass a wide range of behaviors, symptoms and experiences. The behaviors usually include unhealthy strategies to promote weight loss including dieting, counting calories, purging, excessive exercise and the abuse of diet pills or laxatives. Students experiencing eating disorders are more likely to judge their worth as a person by their appearance and weight. Individuals struggling with eating disorders often experience depressive and/or anxiety symptoms including sadness, low energy, worry and withdrawal from life activities and relationships. These issues impact a wide variety of students of all races, ethnicity, gender, and lifestyle. For more information or to take a confidential screener: <http://nedawareness.org/>

Addressing an eating disorder

Seek help from a professional. For additional information about services offered at the Pat Walker Health Center please call CAPS at 479-575-5276.

Resources

NEDA: <http://nedawareness.org/>

NEDA Body Image: <https://www.nationaleatingdisorders.org/body-image-0>

Health at Every Size: <https://haescommunity.com/>

Beauty Redefined: <https://beautyredefined.org/about-us/>

Body Image Movement: <https://bodyimagemovement.com/>