



"POTTY TALK"

CELEBRATE EVERY BODY!!



It is a sad fact that disordered eating and body image concerns are reaching epidemic rates for BOTH MEN & WOMEN on college campuses. These diseases primarily affect individuals in their teens and twenties-- ages of high stress and change in one's life. New fears, new pressures & new challenges make adjustment and coping more difficult for some. Chances are you or someone you know is struggling with disordered eating or body image distortions. Learn to recognize the signs of an eating disorder and help your friends find the support and help they need.

Without treatment, up to 20% of people with serious eating disorders die. With treatment, the number falls to 2 - 3%

Celebrate Every Body Week 2007

February 20-24th is Celebrate Every Body Week! Coordinated by the Wellness Center and the Peer Health Educators, this week takes a look at Body Image, Eating Disorders and how it affects our community. It also provides opportunities to Celebrate **EVERY** body! Be on the lookout for the events happening during the week. Also, on **Tuesday, Feb. 20th** and **Thursday, Feb. 22nd** there will be an informational table in Benson from 11 a.m. to 2 p.m. Stop by, get information and participate in the **Paper People Project**. Decorate your very own Paper Person and show that you are unique!

Learn to Love YOUR Body

Come ask our experts all of your burning questions about your Body Image and Eating Disorders while participating in activities that celebrate EVERY body!

Tuesday, Feb. 20th, 7 p.m.
Dunne Basement

Who's Fat? Who's Thin? Who Decides?!

Ever feel like the media is too focused on being thin? This presentation takes a hard look at how our Body Image can be affected by the Media.

Wednesday, Feb. 21st, 7 p.m.
Kennedy Commons



Beating Stressful Eating

Come learn the effects of stress and emotion on our eating habits. Here we will look at the signs of emotional eating and give helpful tips.

Thursday, Feb. 22nd, 7 p.m.
Cowell Health Center

A Walk in the Park

Join the Peer Health Educators for a walk to the Rose Garden. Learn along the way about tips to keep active and healthy!

Saturday, Feb. 24th, 2:30 p.m.
Malley Fitness Center

Don't Weigh Your Self-Esteem



How Can I Help Prevent Eating Disorders?

- Discourage the idea that a particular diet, weight, or body size will automatically lead to happiness and fulfillment.
- Learn all you can about eating disorders and know what to look for and resources on campus for friends
- Discourage Dieting – they DON'T work!!
- Be a model of healthy self-esteem and body image—love your body!
- Recognize that others pay attention and learn from the way you talk about yourself and your body.
- Choose to talk about yourself with respect and appreciation.
- Avoid categorizing foods as "good/safe" vs. "bad/dangerous".
- Avoid judging others & yourself on the basis of body weight or shape.
- Become a critical reviewer of the media and its messages about self-esteem and body image.
- If you think someone has an eating disorder, express your concerns in a forthright, caring manner.



Early Warning Signs That There Might be a Problem

- Preoccupation with food, weight and body shape/size; talks about these things frequently and with dissatisfaction
- Severe food restriction and/or dietary restraints, Skipping meals often, eating only "safe," "healthy," or "fat-free" foods with little or no room for flexibility
- Continuous weight loss or dramatic fluctuations in weight
- Guilt or shame about eating
- Secretive binges and vomiting, disappearing food, frequent trips to the bathroom
- Repeated comments about "feeling fat"
- Strange food rituals (i.e. measuring food, counting cal/fat grams, cutting food into small bites, chewing and spitting food, etc)
- Preoccupation or obsession with things surrounding food (i.e., reading recipes, clipping food coupons, buying and hoarding food but not eating it, cooking for others but not eating with them, etc)
- Not eating around others
- Often cold or chilled
- Wearing baggy clothes
- Binging / purging, laxative, diet pill use
- Excessive exercise and preoccupation with body



How to Help a Friend

- Recognize how powerful an eating disorder is - remember it is an illness
- Build empathy and be compassionate toward the person suffering
- Admit your anger, frustration, and helplessness – don't act it out by talking behind their back, criticizing them -- this just furthers the shame
- Don't become their therapist – they NEED professional help
- Don't expect your loved one to be perfect in his or her recovery
- Ask the individual how you can help
- Consider getting help for yourself from a therapist



What to Do Step-by-Step

- Set a time to talk to your friend alone or with one person (don't overwhelm them)
- Communicate your concerns clearly but compassionately, use specific examples
- Expect denial – it is a by-product of the shame and secrecy of eating disorders
- Avoid placing shame, blame, or guilt on your friend
- Express your continued support
- Discuss resources for support
- If you want more help, contact the Counseling and/or Wellness Centers at SCU for consultation before you approach your friend

When Does Exercise Become Too Much? ~ "Anorexia Athletica"

- The person repeatedly exercises beyond the requirements for good health.
- Fanatical about weight and diet
- Exercises to the point of exhaustion or when sick or injured
- Exercising solely to burn calories, not to get/stay fit and healthy
- Stealing time from work, school, and relationships to exercise
- Forgetting that physical activity can be fun. Exercises because HAS to, not because WANTS to.
- Defines self-worth in terms of performance
- Is rarely or never satisfied with work-out achievements
- Resents or avoids exercising with others because it will slow them down
- Exercise to get rid of feelings
- If miss exercising--feels anxious, guilty, or empty



"Potty Talk" is brought to you by the Wellness Center.
To learn more about the topics discussed here, please contact:
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Where to Go ~ SCU Resources

Counseling Center Benson, 201 (408) 554-4172	Cowell Health Center (408) 554-4501	Wellness Center (located in the Malley) (408) 554-4409
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