



# POTTY TALK

Brought to you by The Wellness Center



## CELEBRATE EVERY BODY!!

It is a sad fact that body image concerns and disordered eating 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.

**(This is just 1 of 2 Potty Talk issues this month! Look out for the "Sexual Assault Awareness Month" Potty Talk!)**

## Celebrate Every Body Events!

### April 13<sup>th</sup>-17<sup>th</sup> is Celebrate Every Body Week!

Coordinated by the Wellness Center and the Peer Health Educators, this week provides the opportunity to find new ways to love your body, care for your body and learn how to help others!

#### Celebrate Every Body Bulletin Board

Check out our bulletin board full of information about body image and eating disorders. Learn about healthy body image, signs of eating disorders, helping friends with eating and body image issues!

Located on the East Side of Benson Center

#### Celebrate Every Body Tabling

Come pick up handouts and talk to Peer Health Educators about what you can do to Celebrate Every Body! Learn about healthy body image, improving your body image, signs of overexercising, and much more!

Monday, April 13<sup>th</sup> from 11am-1pm  
in Benson Center

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

Come learn about body image in the media and how the media distorts everything! Learn about airbrushing, and what you can do to avoid the effects of body image and the media.

Refreshments will be served!

Thursday, April 16<sup>th</sup>, 8 p.m.  
Kenna 109

#### Positive Body Image for Athletes

- Do not spend time with friends who make you feel bad about your size.
- Get involved in athletic activities with men or women of similar athletic builds.
- Remember that, as an athletic person, you are stronger and healthier than most.
- If you have trouble with self-criticism, find a nurturing counselor or therapist.
- Choose relationships with people who make you feel good about yourself.
- Try not to let weight rule your emotions; it is just a number, and it can change!
- Get a non-athletic friend to exercise with you once in a while.
- Compliment those around you; they will give it back!



#### Love Your Body and Have a Healthy Self-Image

1. **Don't Compare.** When we compare ourselves to others we always lose. When we look at others, we see how perfect they are. When we look at ourselves, we see how imperfect we are. We feel we can never measure up, no matter what. Society makes matters worse by worshipping an elusive fantasy body that only a few people on earth could ever naturally attain. By avoiding comparisons to others, we save ourselves lots of grief.
2. **Self-Talk.** Listen to the chatter that goes on in your head. Are you saying nice things to yourself? Are you being complimentary of your body? Are you using words of encouragement? Chances are you answered "No" to these questions. Many of us go around with a negative tape recorder playing in our head all day. When we stop and listen, we hear things like "Why did you do that? You are so stupid!"; or "I can't believe you actually said that; it sounded so dumb!" Replace these negative thoughts with praise, such as, "What a good idea; that was a good way of handling the situation"; or "That was a real accomplishment; I'm so proud!" By shifting from words of criticism to words of praise, you begin to change your life.
3. **Body Movement.** The body was designed to move. To walk or run or jump or dance are normal activities. By reconnecting yourself to your body, you might be amazed at how incredible it really is. Yoga is a great way to reconnect with your body. It is a noncompetitive, gentle (or vigorous, depending on the style) stretching and strengthening program that will relax you and make your body feel wonderful. A walk in nature is especially comforting, and nature doesn't judge. Experience how your body feels on your walks. Be aware of your breathing. Do not force yourself to exercise; allow yourself the opportunity to move.
4. **Focus on the Positives.** Hating the body can become a bad habit. All our negative feelings are instantly transferred to the body. Instead of dealing with the problems that create the negative feelings, we just shove those feelings deep inside our body and end up hating it more and more. Learning to focus on the positives gives you a whole different perspective. It allows you to see the world half full instead of half empty. Focus on the good in your life. Admire the beauty of a sunset, walk along the water, stop and smell the roses. Begin to focus on your body. By focusing on the positive we begin to heal our negative body image. Source: <http://www.healthybodyimage.com/>



#### 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 – diets 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.

#### Resources on Campus

The Wellness Center

408-554-4409 or [www.scu.edu/wellness](http://www.scu.edu/wellness)



Counseling and Psychological Services (CAPS)

408-554-4172 or [www.scu.edu/studentlife/osl/caps/index.cfm](http://www.scu.edu/studentlife/osl/caps/index.cfm)

Cowell Health Center

408-554-4501 or [www.scu.edu/cshc/](http://www.scu.edu/cshc/)



Potty Talk is brought to you by The Wellness Center. For more information about this and other health topics, contact: Alison Bateman, Ph.D., Health Educator 408-554-4409 or [ABateman@scu.edu](mailto:ABateman@scu.edu)



<http://life.familyeducation.com/body-image/nutrition-and-diet/35887.htm>