



"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 MEN & WOMEN on college campuses, and affect all ethnic and racial groups. 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.

Celebrate Every Body Week Events



Mon, February 1
All Residence Halls

DORM STORM! Welcome the PHEs as they fill your dorm with positive affirmations about body image! Also- find your RLCs bulletin about *Cultural Beauty* and *Body Image!*

Tue, February 2

7-9 pm, Viewing and Taping Room A in the Learning Commons

Movie Night! Watch the award winning film *"Killing Us Softly,"* which examines the media's influence on body image in our society. Thought-provoking and compelling, it investigates the devastating consequences of media messages.

Tue, February 2- Thur, February 4

Benson Center Lobby, Tues: 11am-1pm. Wed/Thurs: 5pm-7pm

Tabling! Find out more by talking to the PHE's in person as they table in Benson! **Freebies, handouts, and treats** will be available for all!

All Week (always, really) Every Body, Everywhere!

Join the PHEs and your peers in challenging the media and society on body image. Get rid of your dieting magazines and calorie counters. Do what makes you feel good. Treat your body with love.

Later this Month: Every Body Runway Show

Fri., Feb. 26, Sobrato Commons, 7-9 pm
Part of the Gender Identity Variety Show. Will deconstruct myths surrounding body image and address gender identity issues at SCU and in society at large.

In compliance with the ADA/504, please direct your accommodation requests to Assistant Health Educator Sarah Maciel, SMaciel@scu.edu; 408-554-4409.

Preventing Eating Disorders

- Discourage the idea that a particular date, weight, or body size will automatically lead to happiness and fulfillment.
- Choose to challenge the false belief that thinness and weight loss are great, while body fat and weight gain are horrible or indicate laziness or worthlessness.
- Avoid categorizing foods as "good/safe" vs. "bad/dangerous." We all need to eat a balanced variety of foods.
- Decide to avoid judging others on the basis of body weight or shape.
- Become a critical viewer of the media and its messages about self-esteem and body image.
- Be a model of health self-esteem and body image. Choose to talk about yourself with respect and appreciation. Value yourself. Others pay attention to and learn from the way you talk about yourself.
- Support local and national nonprofit eating disorder organizations.

Adapted from: <http://www.nationaleatingdisorders.org/nedaDir/files/documents/handouts/WhnCnUDo.pdf>



When is it an eating disorder?

Some symptoms may include...

1. Consistent preoccupation with weight, food, calories and dieting.
2. Excessive, rigid, exercise regimen, despite weather, fatigue, illness, injury and the need to "burn off" calories taken in.
3. Withdrawal from, or avoidance of, numerous activities because of weight and shape concerns.
4. Expressions of anxiety about being fat which don't diminish as weight is lost.
5. Evidence of self-induced vomiting, use of laxatives, diuretics, purgatives, enemas, or emetics.
6. Evidence of binge-eating, including hoarding and/or stealing food, or consumption of huge amounts.
7. Alternating periods of severely restrictive dieting and overeating.
8. Inexplicable problems with menstruation (women)
9. Extreme concern about appearance as the defining feature of self-esteem.
10. Paleness and complains or lightheadedness or disequilibrium not accounted for by other medical problems.



HEALTHY BEHAVIOR OR COMPULSIVE EXERCISE?

One may be suffering from Anorexia Athletica if one:

- Repeatedly exercises beyond the requirements for good health.
- Is a fanatic about weight and diet.
- Steals time to exercise from work, school, and relationships.
- Strives to achieve and master ever more difficult challenges.
- Forgets physical activity can be fun.
- Defines self-worth in terms of performance.
- Rarely or never satisfied with athletic achievements. Small satisfactions are fleeting. Does not savor victory. Pushes on to the next challenge immediately.
- Justifies excessive behavior by defining self as a "special" elite athlete.

Source: <http://www.eatingdisorderonline.com/explain/anorathletica.php>



Healthy Self-Image

- **Don't compare.** When we look at ourselves, we see how imperfect we are. We feel we can never measure up. 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 and can work toward making our body best it can be.
- **Learn to Take a Compliment.** Many of us dream of the perfect look. We want to be beautiful or handsome, to have others stop and notice us. Yet, when someone gives us a compliment such as, we brush it off. Let it soak in and allow yourself to feel good.
- **Self-Talk.** Listen to the chatter that goes on in your head. Many of us go around with a negative tape recorder playing in our head all day. Replace these negative thoughts with praise. By shifting from words of criticism to words of praise, you begin to change your life.
- **Affirmations.** Find a part of your body that you like. Write an affirmation about it. Look at yourself in the mirror every morning and repeat your affirmations. Say them with enthusiasm. Believe it!
- **Learn to Compliment Others.** In learning to compliment others, you learn the law of reciprocity. As you give, you do receive. By learning to acknowledge the good in others, you can learn to notice the good in yourself. Remember, to be loved, give love.
- **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 shove those feelings deep inside our body and end up hating it more. Learning to focus on the positives gives you a whole different perspective.
- **Stop Fantasy Thinking.** Do you ever hear yourself say, "If I'd just lose 10 pounds I'd be happy," or "If I were more muscular I'd get more dates." Stop those thoughts now! That is fantasy thinking. The truth is there is room for all shapes and sizes in this world. Be loving and you will attract loving people.
- **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.
- **Support.** Talk to a trusted friend or relative. We all need support. We are constantly barraged with messages about the fantasy body. We are given negative messages about food and weight. It is extremely hard in our culture to have a healthy body image. You need support. You deserve it!



Adapted from: <http://www.healthbodyimage.com/>

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 your friend).
 - ❖ Communicate your concerns clearly but compassionately, use specific examples.
 - ❖ Expect denial--a by-product of the shame and secrecy of eating disorders.
 - ❖ Avoid placing shame, blame, or guilt on your friend.
 - ❖ Express your continued support, and discuss resources for support.
- If you want more help, contact the Counseling and Psychological Services and/or the Wellness Center at SCU for consultation before you approach your friend.**

Need someone to talk to? Want more information?

- ◆ Free and confidential counseling is available on campus at Counseling and Psychological Services (CAPS) in the Cowell Health Center building. Call 408-554-4172 to make an appointment.
- ◆ Contact the Cowell Health Center for an appointment with a doctor or a nurse. Call 408-554-4501.
- ◆ Looking for resources or more information? Contact the Wellness Center at 408-554-4409 OR drop by during our new, extended hours this quarter on Thursdays until 7 p.m.

"Potty Talk" is brought to you by the Wellness Center, located in the Malley Center. To learn more about the topics discussed here, please contact:

Alison Bateman, Ph.D., Health Educator ABateman@scu.edu; 408-554-4409 Sarah Maciel, Assistant Health Educator SMaciel@scu.edu; 408-554-4409

<http://www.scu.edu/wellness>
M-W & F: 9 am-5 pm; Th 9 am-7pm

