



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.

All Week (always, really)

*Every Body,
Everywhere!*

Join the PHEs and your peers to challenge media and society on body image. Toss your dieting magazines and calorie counters. Do what feels good! Treat your body with love!



During the week

Find out more by talking to the PHEs as they table in Benson! **Freebies, handouts & treats** will be available for all!

Residence Halls

DORM STORM! Welcome the PHEs as they fill your dorm with positive affirmations about body image!

Tue. February 22
7:30 pm, Benson Conference Room 21 (in the basement)
Interested in learning more about eating disorders? Join the PHEs and a Counseling and Psychological Services staff member to discuss facts, prevention, and how to help a friend!



Thur. February 24
7 - 9 pm, Viewing & Taping Room C, Learning Commons
Movie Night! Watch the award winning and thought-provoking film "Killing Us Softly," which examines the devastating consequences of media's influence on body image in our society.



Date and time TBA
Treat your mind and body by joining us for a **FREE** session of Yoga!

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
- ❖ 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.

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.

A Short List of Salient Warning Signs for Eating Disorders. © Michael Levine, Ph.D.

Consider this: Your skin replaces itself once a month, your stomach lining every 5 days, your liver every 6 weeks, and your skeleton every 3 months. Your body is extraordinary - respect and appreciate it!
www.nationaleatingdisorders.org



Love Your Body!

- Don't compare. When we look at ourselves, we see how imperfect we are - like we can never measure up. Society makes things worse by worshipping an elusive fantasy body that only a few people could ever naturally attain. By avoiding comparisons, we save ourselves 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.
- Learn to Compliment Others. As you give, you do receive. By learning to acknowledge good in others, you learn to notice good in yourself. Remember, to be loved, give love.
- Self-Talk. Listen to the chatter that goes on in your head. Replace these negative thoughts with praise. Shifting words of criticism to words of praise can begin to change your life.
- 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.healthybodyimage.com/>



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 identifying as "special" elite athlete.

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

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." 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.

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

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. 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? Drop by or contact the Wellness Center at 408-554-4409.

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

"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:
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Call: 408-554-4409
Visit: www.scu.edu/wellness