

Eating Disorders

FYI!!

What Everyone Should Know About Eating Disorders!!!

- 2% of the population suffer from Body Dysmorphic Disorder AKA BDD!
- Compulsive overeating is an addiction to food, similar to an addiction to nicotine.
- Compulsive exercise is feeling guilty for not exercising and rarely doing it for fun.
- Anorexia nervosa is intentionally starving oneself. A weight loss of 15% below the individual's normal body weight often occurs. These people still feel that they look fat even though they are literally skin and bones.
- Bulimia nervosa is eating a lot of food and then ridding themselves of the extra calories by vomiting, using laxatives, exercising obsessively or any combo of the methods.

So what do you think about yourself...HONESTLY!

Your body...your self...

In today's society body image dissatisfaction is a huge epidemic, that few people even recognize it as a problem anymore. Preschoolers now identify themselves as being "fat". College students today are so concerned with fitting in and succeeding that they find themselves in a constant quest to have the "perfect body".

FACT:

Girls are not the only ones striving to fit the medias idea of body "perfection", an increasing number of males are being confronted with body image/ self image issues almost daily and are starting to diet with a growing frequency.

????????????????????Mirror mirror on the wall, whose the fairest of them all??????????????

And you think TV is good?!

Media Input accounts for:

17% of body dissatisfaction

15% of variance for drive for thinness

16% of bulimic disorders

33% of thin ideal endorsement

"Once women worried about their figures while men scarfed pizza and beer with abandon. Then came soloflex ads, male anorexia, and...plastic calves?"

...Notions of the ideal body are linked with the economy. There are many business that rely on the American desire for thinness to survive...

“To accept your body image is not to resign yourself to your body, but to fully live your potential as a unique individual. It is a waste of time trying to be something other than yourself” ☺

Activity: Mirror, Mirror on the Wall

Materials:

1. Full length mirrors (these can be gotten from other RA's or the residents themselves)
2. White drawing paper
3. pencils

Introduction:

1. Outline the purpose of the program

The purpose of the program is to allow women- especially living in single sex, freshman, or sorority halls- and men to break down some of the misconceptions of what people see and perceive them and how they see and perceive themselves. The purpose of this program is to afford residents to chance to put focus on a realistic view of how people view themselves compared to how others view them.

2. Outline the program. What will the residents have to do? How will the program run?

Activity: “Mirror Mirror on the Wall”

1. Give each participant 2 sheets of white paper.
2. Ask each participant to draw a self-portrait of themselves giving as much detail as possible and without any further talking or continued instruction.
3. Following that task have each participant look into one of the mirrors for 45 seconds to observe their looks then walk away from the mirror and draw what they recollect seeing in the mirror.

Processing:

1. In a large group setting, have the participants formulate the following ideas
 - a. How does this program relate to hall community?
 - b. How does this activity make you see yourself?
 - i. Was your original view of yourself fair and accurate?
 - c. What if anything is different between these 2 pictures
 - i. Where do you feel that the differences come from?
 - ii. Do other people feel these differences?

- d. How important is what others feel about you?
 - i. Why are these things important?
 - ii. Are certain things beyond our control?
- e. How did it feel to look in the mirror for so long?
 - i. Did you start to notice things you had not seen before?
 - ii. Did this affect the second picture that you drew?

Journal Articles:

Television Images and Adolescent Girls' Body Image Disturbance
Journal of Communication v49 n2 p22-41 Spr 1999

Modification of an Existing Measure of Body Image Preoccupation and Its Relationship
to Disordered Eating in Female College Students
Journal of Counseling Psychology v46 n1 p42-50 Jan 1999

The Influence of Fashion Magazines on the Body Image Satisfaction of College Women:
An Exploratory Analysis
Adolescence v32 n127 p603-14 Fall 1997

Campus Resources

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