## 17th Plymouth State University
### Love Your Body Week

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<tbody>
<tr>
<td><strong>Day Without Mirrors</strong></td>
<td><strong>FAT TALK FREE Tuesday</strong></td>
<td><strong>Acts of Kindness Challenge</strong></td>
<td><strong>Cupcake Decorating</strong></td>
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<td><strong>Barefaced and Beautiful Challenge</strong></td>
<td><strong>Information Booth</strong></td>
<td><strong>Information Booth</strong></td>
<td><strong>You Time: Embrace Yourself</strong></td>
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<td><strong>Orientation Booth</strong></td>
<td><strong>Learn all things Love Your Body Week</strong></td>
<td><strong>Learn all things Love Your Body Week</strong></td>
<td><strong>Join us for our Chocolate Reception, some relaxation, challenges, and fun!</strong></td>
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<tr>
<td><strong>Hub: 11:00-1:00 pm</strong></td>
<td><strong>HUB: 9:00-11:00 am</strong></td>
<td><strong>HUB: 10:00-11:00 am</strong></td>
<td><strong>HUB HAGE Room 7:00-8:30 pm</strong></td>
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<tr>
<td><strong>Mental Health Screenings</strong></td>
<td><strong>Body Fair</strong></td>
<td><strong>Sports Nutrition</strong></td>
<td><strong>Join us for our Chocolate Reception, some relaxation, challenges, and fun!</strong></td>
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<tr>
<td><strong>Come for a free screening from the Counseling Center</strong></td>
<td><strong>Come check out our exhibits, take part in some challenges, and play some games!</strong></td>
<td><strong>HUB Room 119</strong></td>
<td><strong>HUB HAGE Room 7:00-8:30 pm</strong></td>
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<tr>
<td><strong>HUB Fireplace Lounge 12:00 pm-4:00 pm</strong></td>
<td><strong>HUB Fireplace Lounge 11:00 am-1:00 pm</strong></td>
<td><strong>3:00-4:00 pm</strong></td>
<td><strong>7:00-8:30 pm</strong></td>
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<td><strong>Massage-Faculty &amp; Staff Only</strong></td>
<td><strong>Friends don’t let friends FAT TALK</strong></td>
<td><strong>Acceptance begins with us. Join us for a chat and some fun!</strong></td>
<td><strong>HUB Room 119</strong></td>
</tr>
<tr>
<td><strong>Contact Dr. Burckes-Miller to schedule your complimentary massage! Speare 106: 11:00 am-1:00 pm</strong></td>
<td><strong>Acceptance begins with us. Join us for a chat and some fun!</strong></td>
<td><strong>HUB Room 119</strong></td>
<td><strong>12:00-1:00 pm</strong></td>
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<tr>
<td><strong>Physical Activity Tic-Tac-Toe Tournament!</strong></td>
<td><strong>Acceptance begins with us. Join us for a chat and some fun!</strong></td>
<td><strong>HUB Room 119</strong></td>
<td><strong>7:00-8:00 pm</strong></td>
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<tr>
<td><strong>Come play and compete for a prize! HUB Fireplace Lounge 7:00-8:00 pm</strong></td>
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**Tips for Talking to a Friend Who May Be Struggling with an Eating Disorder (p. 3)**

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**Of American, elementary school girls who read magazines, 69% say that the pictures influence their concept of the ideal body shape. 47% say the pictures make them want to lose weight (Martin, 2010).**

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You can find more information about Eating Disorders at: [http://www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
Eating Disorders: Quick Definitions

Anorexia Nervosa:
Anorexia nervosa is a serious, potentially life-threatening eating disorder characterized by self-starvation and excessive weight loss.

Binge Eating Disorder (BED):
Binge Eating Disorder (BED) is a type of eating disorder not otherwise specified and is characterized by recurrent binge eating without the regular use of compensatory measures to counter the binge eating.

Bulimia Nervosa:
Bulimia nervosa is a serious, potentially life-threatening eating disorder characterized by a cycle of bingeing and compensatory behaviors such as self-induced vomiting designed to undo or compensate for the effects of binge eating.

Eating Disorders Not Otherwise Specified (EDNOS):
Eating disorders such as anorexia and bulimia include extreme emotions, attitudes, and behaviors surrounding weight and food issues. They are serious disorders and can have life-threatening consequences. The same is true for a category of eating disorders known as eating disorders not otherwise specified or EDNOS. These serious eating disorders can include any combination of signs and symptoms typical of anorexia and bulimia, so it may be helpful to first look at anorexia and bulimia.

Body Image: Negative and Positive

Body image is how you see yourself when you look in the mirror or when you picture yourself in your mind.

What is Body Image?
- What you believe about your own appearance (including your memories, assumptions, and generalizations).
- How you feel about your body, including your height, shape, and weight.
- How you sense and control your body as you move. How you feel in your body, not just about your body.

Negative Body Image
- A distorted perception of your shape—you perceive parts of your body unlike they really are.
- You are convinced that only other people are attractive and that your body size or shape is a sign of personal failure.
- You feel ashamed, self-conscious, and anxious about your body.
- You feel uncomfortable and awkward in your body.

Positive Body Image
- A clear, true perception of your shape—you see the various parts of your body as they really are.
- You celebrate and appreciate your natural body shape and you understand that a person’s physical appearance says very little about their character and value as a person.
- You feel proud and accepting of your unique body and refuse to spend an unreasonable amount of time worrying about food, weight, and calories.
- You feel comfortable and confident in your body.

Body Image and Eating Disorders
People with negative body image have a greater likelihood of developing an eating disorder and are more likely to suffer from feelings of depression, isolation, low self-esteem, and obsessions with weight loss. We all may have our days when we feel awkward or uncomfortable in our bodies, but the key to developing positive body image is to recognize and respect our natural shape and learn to overpower those negative thoughts and feelings with positive, affirming, and accepting ones.

Accept yourself. Accept your body.

All of this information and more can be found at: http://www.nationaleatingdisorders.org
Every Body is Different

Keys to an ideal body:
- Treat your body with respect.
- Give it enough rest.
- Fuel it with a variety of natural and healthy foods.
- Exercise regularly.
- Resist the pressure to judge yourself and others based on weight, shape, size, or on any other appearances.
- Respect people based on the qualities of their character and accomplishments, rather than just because of their appearance.

Tips for Talking to a Friend Who May Be Struggling with an Eating Disorder

If you are worried about your friend’s eating behaviors or attitudes, it is important to express your concerns in a loving and supportive way. It is also necessary to discuss your worries early on, rather than waiting until your friend has endured many of the damaging physical and emotional effects of eating disorders. In a private and relaxed setting, talk to your friend in a calm and caring way about the specific things you have seen or felt that have caused you to worry.

What to Say—Step by Step

♥ Set a time to talk. Set aside a time for a private, respectful meeting with your friend to discuss your concerns openly and honestly in a caring, supportive way. Make sure you will be some place away from distractions.

♥ Communicate your concerns. Share your memories of specific times when you felt concerned about your friend’s eating or exercise behaviors. Explain that you think these things may indicate that there could be a problem that needs professional attention.

♥ Ask your friend to explore these concerns with a counselor, doctor, nutritionist, or other health professional who is knowledgeable about eating disorders. If you feel comfortable doing so, offer to help your friend make an appointment or accompany your friend on their first visit.

♥ Avoid placing shame, blame, or guilt on your friend regarding their actions or attitudes. Do not use accusatory “you” statements such as, “You just need to eat.” Or, “You are acting irresponsibly.” Instead, use “I” statements. For example: “I’m concerned about you because you refuse to eat breakfast or lunch.” Or, “It makes me afraid to hear you vomiting.”

♥ Avoid giving simple solutions. For example, “If you’d just stop, then everything would be fine!”

♥ Express your continued support. Remind your friend that you care and want your friend to be healthy and happy.

After talking with your friend, if you are still concerned with their health and safety, find a trusted adult or medical professional to talk to. This is probably a challenging time for both of you. It could be helpful for you, as well as your friend, to discuss your concerns and seek assistance and support from a professional.

3 More Ways to Love Your Body

1. Search for the beauty in the world and in yourself.
2. Put a sign on each of your mirrors saying, “I’m beautiful inside and out.”
3. Be your body’s friend and supporter, not its enemy.

All of this information and more can be found at: http://www.nationaleatingdisorders.org

Created by: Angela Lynch