Body Positivity
Take care of your body. It's the only place you have to live.

-Jim Rohn
Over one-half of teenage girls and nearly one-third of teenage boys use unhealthy weight control behaviors such as skipping meals, fasting, smoking cigarettes, vomiting, and taking laxatives (Neumark-Sztainer, 2005).

https://www.nationaleatingdisorders.org/get-facts-eating-disorders
What is an eating disorder?
Eating disorders are serious mental illnesses; they are not a lifestyle choice or a diet gone "too far."
Eating disorders occur in both men and women, young and old, rich and poor, and from all cultural backgrounds. About one in 20 Australians has an eating disorder and the rate in the Australian population is increasing.

People of all ages are bombarded with images through media such as TV, magazines, Internet and advertising. These images are often highly stylised unrealistic and unobtainable.

If a person feels that they don’t measure up, body dissatisfaction can intensify and impact psychological wellbeing.

What is body image?
Body image is the perception that a person has of their physical self. It is also the thoughts and feelings a person experiences as a result of that perception. These feelings can be positive, negative or a combination of both. They are influenced by individual and environmental factors.

Body image is the perception that a person has of their physical self. Poor body image is a risk factor for Eating Disorders.

Getting help
If you feel dissatisfied with your body or if you feel like you are developing unhealthy eating or exercise habits, it is important to get professional help.

Professional support can help guide you to change negative beliefs and behaviours.

Visit our website to find help in your area.
nedc.com.au

People with negative body image can become fixated on trying to change their body. This can lead to people engaging in unhealthy practices with food and exercise.

There is no right or wrong when it comes to body shape or appearance. Learning to accept your body shape is a crucial step towards feeling positive about your weight, shape, size and appearance.
Your body image is the way you think and feel about your body. It can be positive or negative.

Most young women and girls are worried about their body — in fact it’s their number one concern.

Of Australian high school girls:
- **76%** wish they were thinner
- **50%** have tried to lose weight
- **16%** are happy with their body weight

Poor body image can be associated with depression, anxiety, alcohol and other drug abuse and eating disorders.

Some warning signs that you or someone you know might have body image issues:
- Distorted eating habits
- Obsession with weight and exercise
- Being continually self-critical
- Constantly comparing body size

More than 1 in 5 young men say body image is their number one concern.

Tips for better body image:
- Focus on yourself as a person, not just how you look
- Aim to get healthier rather than lose weight
- Focus on the things you like about your body
- Stop being critical about others’ appearance
- Remember, real bodies aren’t perfect, and perfect bodies are almost always airbrushed.
“My great hope for us as young women is to start being kinder to ourselves so that we can be kinder to each other. To stop shaming ourselves and other people: ‘too fat, too skinny, too short, too tall, too anything.’ There’s a sense that we’re all ‘too’ something, and we’re all not enough. This is life. Our bodies change. Our minds change. Our hearts change.”

- Emma Stone
Healthy Self Care:

● Drop in Groups at The Counseling Center:
  ○ Clues to help you snooze
  ○ Meditation
  ○ Stress Management

● Contact the NCSU Dietician:
  ○ Lisa Eberhart, 919-513-5310

● NCSU Recreation
  ○ Get involved, participate in group fitness with friends!
    ■ https://recreation.dasa.ncsu.edu/fitness/group-fitness/

● Love yourself!