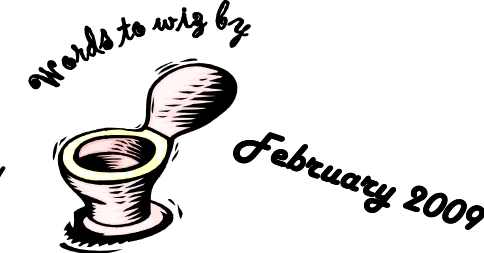




# The Monthly InSTAllment

UHS Health Promotion Office, 2nd Floor, UHS Building, 273-5775



## 9 Steps to Positive Body Image

1. Appreciate all that your body can do.
2. Keep a top-10 list of things you like about yourself.
3. Remind yourself that "true beauty" is not simply skin-deep.
4. Look at yourself as a whole person.
5. Surround yourself with positive people.
6. Shut down those voices in your head that tell you your body is not "right" or that you are a "bad" person.
7. Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.
8. Become a critical viewer of social and media messages.
9. Do something nice for yourself.

## FEBRUARY PROGRAMS

### A Cracked Mirror: Media & Other Influences on Body Image

Tuesday 2/17 at 7:00 pm in Hoyt Auditorium

Learn about risk factors contributing to negative body image, as well as strategies to overcome their influence.

### Eating Disorders: Myths, Facts, Stories and Solutions

Wednesday 2/25 at 7:00 pm in Hoyt Auditorium

We will discuss misconceptions and misunderstandings about eating disorders, and some aspects of the recovery process.

### Table: Eating Disorders Screening & Resources

Thursday 2/26 11:30-2:30 pm Wilson Commons 1st floor

Stop by for a short, free, and anonymous assessment of your stress level, self-care, body image, and eating habits, followed by a confidential conversation with a UCC professional. Grab information about UCC, body image and eating concerns, and other mental health resources. Your participation helps increase awareness, reduce stigma, and encourages conversation about mental health as an important issue affecting everyone

### Film: Beauty Mark

Thursday 2/26 at 8:00 pm in Hoyt Auditorium

This documentary film examines popular culture's toxic emphasis on weight through the eyes of a psychotherapist and former world-class triathlete who tells her story while interviewing other athletes, fashion models, and inner-city teens about experiences relating to self-image.

## College Students and Eating Disorders

- 15% of women ages 17-24 have disordered eating.
- 91% of women in college have attempted to control their weight through dieting.
- 54% of men are unhappy with their appearance and wish their bodies were different.
- 45% of women and 25% of men struggle with anorexia and bulimia and up to 25 million struggle with binge eating disorder.

MEDA 2002 & NEDA 2005

If you are concerned about yourself or a friend, schedule an appointment at the University Counseling Center (UCC). To schedule, call (585) 275-3113 or stop in the office located on the 3rd floor of the UHS Building.

For urgent and emergency concerns, a mental health professional is on-call 24/7 and available by phone at (585) 275-3113.

[www.rochester.edu/ucc](http://www.rochester.edu/ucc)

## Culture, Media, and Body Image

- Consider media images of women. Sex sells. Why? That "beauty" is often unattainable and unrealistic. Become a critical consumer of the media: challenge media messages that encourage dieting and other extremes to "look good."
- Don't constantly criticize your shape ("I'm so fat—I've got to lose weight"). Such self-criticism is harmful, implying appearances are more important than character.
- Examine your own beliefs and prejudices about food, weight, body image, appearance, health, and exercise. Why are they there? What role has the media played?
- Because of messages that suggest that the perfect body will dissolve all relationship problems, young adults often put energy into changing their bodies instead of their feelings or relationships.

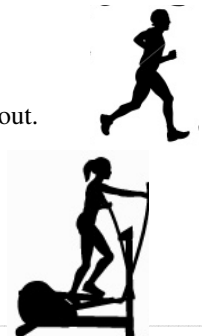
## Exercise Addiction

Exercise is generally a healthy behavior that promotes wellness. However, some individuals become addicted to physical activity and engage in compulsive, excessive exercise that is extreme in frequency and both psychologically and psychosocially impairing. Exercise becomes the most important priority in the excessive exerciser's life. All other obligations and responsibilities such as families, careers, and social engagements suffer.

Although daily exercise is beneficial to overall health, there is a difference between healthy and unhealthy exercise.

### Signs and Symptoms

- Working out several times a day.
- Creating a daily schedule centered around working out.
- Feel angry or threatened when workout routine is interrupted.
- Feeling anxiety and guilt when unable to exercise.
- Happiness is reliant on productivity of workout.
- Canceling or avoiding social activities and other responsibilities in order to exercise.



## Concerned about a friend? What Should I say? Do's and Don'ts

- Do Set a time for a talk.** In private, respectfully discuss your concerns.
- Do communicate your concerns.** Share specific instances where you felt concerned about eating, exercising or social behaviors.
- Do ask your friend to consider what you've said** and seek the advice of a doctor, nutritionist, or counselor.
- Don't be combative.** If your friend refuses to acknowledge your concerns, restate them gently and be available as a supportive listener.
- Don't give simple solutions.** For example, "If you'd just stop, then everything will be fine."
- Do...express your continued support.** Remind your friend you care and you want them to be healthy and happy.



*Beauty is a state of mind, not a state of your body.*

*Feel good about yourself and who you are.*



**See the Weekly Buzz each week for Feel Fabulous in February programs.**