



"POTTY TALK"

CELEBRATE EVERY BODY!!



It is a sad fact that disordered eating and body image concerns 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. Chances are you or someone you know is struggling with disordered eating or body image distortions. Learn to recognize the signs of an eating disorder and help your friends find the support and help they need.

Without treatment, up to 20% of people with serious eating disorders die. With treatment, the number falls to 2 – 3%

March 3rd-6th is Celebrate Every Body Week!

Coordinated by the Wellness Center and the Peer Health Educators, this week provides the opportunity to find new ways to love your body, care for your body and learn how to help others!

Don't Get Burned!

Do you like to maintain a California glow? Enjoy laying out in the sun? Come and see how the sun affects your skin and how you can take care of yourself as the weather warms up.

Monday, March 3rd @ 7 p.m. in the Malley Conference Room



Real Women have CURVES!

Join Feminists United in the Women's and Gender Studies Resource Room to watch the film, Real Women Have Curves. Afterwards there will be an opportunity for discussion and reflection.

Tuesday, March 4th, 8 p.m.

The Resource Room located at 862 Market St.



Celebrate Every Body Faire!

Join us under the Kenna Hall Arbor (across from the fountain) for information, free healthy snacks and fun!! Enter a raffle to win a free 30-Minute massage.

Wednesday, March 5th, 11 a.m. – 1 p.m.

Kenna Mall

The TRUTH about Fad Diets

Ever wonder if Atkins works? Wanted to try the Slim-Fast Diet? Join Registered Dietitian Mary Mahoney and find out the TRUTH about Fad Diets!

Wednesday, March 5th, 7 p.m.

Malley Conference Room



The Evolution of an Eating Disorder and What You Can Do to Help

In this interactive session you'll learn about how eating disorders develop, be able to identify warning signs of disordered eating, and become familiar with the consequences of these serious illnesses. We'll also talk about treatment options, resources available on campus, and ways to help a friend.

Thursday, March 6th, 6 p.m.

Malley Conference Room



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 suffering
- 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 them)
- Communicate your concerns clearly but compassionately, use specific examples
- Expect denial – it is a by-product of the shame and secrecy of eating disorders
- Avoid placing shame, blame, or guilt on your friend
- Express your continued support
- Discuss resources for support
- If you want more help, contact the Counseling and/or Wellness Centers at SCU for consultation before you approach your friend

How Can I Help Prevent Eating Disorders?



- Discourage the idea that a particular diet, weight, or body size will automatically lead to happiness and fulfillment.
- Learn all you can about eating disorders and know what to look for and resources on campus for friends
- Discourage Dieting – they DON'T work!!
- Be a model of healthy self-esteem and body image—love your body!
- Recognize that others pay attention and learn from the way you talk about yourself and your body.
- Choose to talk about yourself with respect and appreciation.
- Avoid categorizing foods as "good/safe" vs. "bad/dangerous".
- Avoid judging others & yourself on the basis of body weight or shape.
- Become a critical reviewer of the media and its messages about self-esteem and body image.
- If you think someone has an eating disorder, express your concerns in a forthright, caring manner.

Don't Weigh Your Self-Esteem

Early Warning Signs That There Might be a Problem

- Preoccupation with food, weight and body shape/size; talks about these things frequently and with dissatisfaction
- Severe food restriction and/or dietary restraints, Skipping meals often, eating only "safe," "healthy," or "fat-free" foods with little or no room for flexibility
- Continuous weight loss or dramatic fluctuations in weight
- Guilt or shame about eating
- Secretive binges and vomiting, disappearing food, frequent trips to the bathroom
- Repeated comments about "feeling fat"
- Strange food rituals (i.e. measuring food, counting cal/fat grams, cutting food into small bites, chewing and spitting food, etc)
- Preoccupation or obsession with things surrounding food (i.e., reading recipes, clipping food coupons, buying and hoarding food but not eating it, cooking for others but not eating with them, etc)
- Not eating around others
- Often cold or chilled
- Wearing baggy clothes
- Binging / purging, laxative, diet pill use
- Excessive exercise and preoccupation with body



Love your Body!

Here are some positive thoughts on just how special EVERY body is!

If **Barbie** were a real woman, she'd have to walk on all fours due to her proportions!

There are 3 billion women who don't look like supermodels and **only eight** who do!

Change the way you see **NOT** the way you look!

Count your **blessings**, not your blemishes

No one can make you feel inferior without your consent
--Eleanor Roosevelt

Beauty is a state of mind, not a state of your body!

Choose to find the beauty in the world **and** in yourself



Remember that every body is different and that you should **celebrate** it. Your body is the **ONLY** one you have—it is amazing, beautiful and should be treated with love and kindness.

"Potty Talk" is brought to you by the Wellness Center.

To learn more about the topics discussed here, please contact:

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Where to Go ~ SCU Resources

Cowell Health Center	Counseling Center	Wellness Center
408-554-4501	408-554-4172	408-554-4409