

Wellness InSTALLments

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Upcoming Events

3/15—Healthy Hump Day

Fun with Beer Goggles!
12-3pm; In Front of P&W

3/18—Out of the Darkness

Suicide Prevention Campus Walk
11:00-2:00; Library Lawn



Celebrate Your Body Week

March 27th-31st

3/28—Prize Team

10am-12pm; Main Campus
Tips Tuesday: Love YoSelf
11am-1pm; Zone 2

3/29—Healthy Hump Day:

Letters to my Younger Self
12-3pm; In Front of P&W

3/30—Cash Cab

10am-12pm; Main Campus

Please see our online calendar for a full, updated schedule

WELLNESS TIP

Stop hating yourself for what you aren't and start loving yourself for what you are!

Question of the Month

In a 13 year period, what is the percentage that eating disorders have grown among males?

Email us at pws@fgcu.edu with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

You Can Have a Tummy & Still Be YUMMY!!

Body image and eating disorder issues are a common problem. In a society that promotes unrealistic body ideals, it is challenging to not get caught up in comparing oneself to these unrealistic standards. Only 5% of individuals possess the body types portrayed by American media! Research data collected over a 13 year period shows total eating disorders increased from 23% to 32% among females and from 7.9% to 25% among males. **The road to eating disorder recovery starts with admitting you have a problem.** This admission can be tough, especially if you're still clinging to the belief—even in the back of your mind—that weight loss is the key to happiness, confidence, and success. Even when you finally understand this isn't true, old habits are still hard to break. The good news is that the eating disorder behaviors you've learned can be unlearned, if you're motivated to change and willing to ask for help.



Make Peace with the Mirror & Watch Your Reflection Change

An eating disorder does not help you, it doesn't heal you, it doesn't make anything better. It hurts. It finds its way into your life and holds you imprisoned, making you believe all kinds of lies and misrepresentations.

Recovery: Yes, you can!

Okay, okay... this may be cheesy, but it is true and hard to forget. You can do this. You can beat this. You can take away all the power that your eating disorder has and give it back to whom it belongs to: YOU. Yes, you can.

Just remember these simple sayings!

- 😊 Progress; not perfection
- 😊 You control what you eat; don't let what you eat control you
- 😊 Being healthy isn't tough; don't eat too much or not enough
- 😊 Love Yourself—It's Good for Your Health!



How to Help a Friend with Eating and Body Image Issues



Learn as much as you can about Eating Disorders. Read books, articles, and brochures.

Know the difference between facts and myths, especially when it comes to weight, nutrition, and exercise.

Be honest. Talk openly and honestly about your concerns with the person who is struggling. Avoid making rules, promises, or expectations that you cannot uphold.

Compliment your friend's wonderful personality, successes, or accomplishments. Remind your friend that "true beauty" is not skin deep!

Tell Someone. Don't wait until the situation is so severe that your friend's life is in danger. Your friend needs a great deal of support and understanding. Remember that you cannot force someone to seek help, change their habits, or adjust their attitudes.

Counseling & Psychological Services is located in Howard Hall 228. They are available to assist you or a friend with eating disorder concerns. Services are free to students.



PEERS CARE
Educate. Engage. Empower.

