Body Image & Eating Disorders

What Are Eating Disorders?

Eating disorders include extreme thoughts, emotions, & behaviors surrounding weight, food, & body shape. There is a pronounced disruption in eating behaviors & weight management as well as intense anxiety about body weight & size. Eating disorders are often a dangerous response to stress. They are serious emotional & physical problems that can have life-threatening consequences for females & males. The most common eating disorders are described below:

Anorexia Nervosa

- Restricted eating, self-starvation & excessive weight loss
- Intense fear of & obsession with weight gain & the idea of becoming fat
- Persistent behavior to prevent weight gain
- Self-esteem overly related to body image
- Body image is distorted- person may feel fat despite being underweight
- Inability to appreciate the severity of the situation

Bulimia Nervosa
• Cycle of binge eating followed by purging
• Binge eating involves eating large amounts of food in a short period of time
• Feeling out of control during the binge
• Purging may include: Self-induced vomiting, abusing laxatives / diuretics, fasting, abusing diet pills, or excessively exercising
• Extreme concern with body weight & shape

**Binge Eating Disorder**

• Recurrent binge eating episodes which involve periods of uncontrolled, impulsive, or continuous eating beyond the point of feeling comfortably full
• Sense of lack of control over eating during the episode (e.g. feeling like you can?t stop)
• Binge eating episodes often associated with:
  • Eating more rapidly than usual
  • Eating large amounts of food when not physically hungry
  • Eating alone due to embarrassment
  • Feeling disgusted, depressed or guilty after a binge
  • May involve fasts, repetitive (yo-yo) dieting & feelings of shame or self-hatred

**Other Eating Disorders**

• Other Eating Disorders can include some combination of the signs and symptoms of anorexia, bulimia, and/or binge eating disorder. While these behaviors may not be clinically considered a full syndrome eating disorder, they can still be physically dangerous & emotionally draining.
The Endless Binge & Restrict Cycle

Feelings: guilt, remorse, fear of weight gain

Actions: get "in control" by dieting or restricting

Diet/Restrict

{you}

Binge/Overeat

Actions: physical or emotional needs lead to inability to restrict

Feelings: being "good", anxiety about following plan properly

www.bodylovelwellness.com

Adapted from: http://www.beautifulmagazine.com/wp-content/uploads/2013/05/the-endless-b... [2]

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