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- Eating disorders have the highest mortality rate of any mental illness
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Did You Know...

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Source: anad.org

Campus Resources:

Counseling Center
812-464-1867
OC 1051
M-F 8 a.m.-4:30 p.m.

University Health Center
812-464-1867
Rm 0091 in LL of the Health Professions Ctr.
M-F 8 a.m.-4:30 p.m.

Possible warning signs of eating disorders:

Food behaviors
- Skips meals, takes only tiny portions, will not eat in front of other people, eats in ritualistic ways, mixes strange food combinations, may chew mouthfuls of food but spits them out before swallowing. Grocery shops and cooks for the entire household, but will not eat the meals.

Appearance and body image behaviors
- Loses, or tries to lose weight. Has frantic fears of weight gain and obesity, wears baggy clothes, sometimes in layers, to hide fat, hide emaciation, and stay warm. Obsesses about clothing size.
- Complains that s/he is fat even though others truthfully say this is not so. S/he will not believe them.
- Spends lots of time inspecting self in the mirror and usually finds something to criticize. Detests all or specific parts of the body, especially breasts, belly, thighs, and buttocks. Insists s/he cannot feel good about self unless s/he is thin, and s/he is never thin enough to satisfy her/himself.

Exercise behaviors
- The person exercises excessively and compulsively. May tire easily, keeping up a harsh regimen only through sheer will power. As time passes, athletic performance suffers. Even so, s/he refuses to change the routine.

For more information about the warning signs of eating disorders, visit the Counseling Center on campus.

Source: http://www.anred.com/warn.html

Create a Positive Body Image

 Appreciate all that your body CAN do

 Turn negative thoughts into positive thoughts and actions

 Protest against the negative media that makes you feel bad about your body image

 Upcoming Events

2/25: The Fat Talk @ East MPR, 5 p.m.
2/26: Self-Defense for Women @ RFWC room 125, 5-7 p.m.

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