

# BODY IMAGE AND EATING DISORDERS


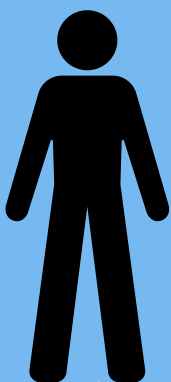
## A Guide for Students

In today's world, it is common to see a glamorised version of people on screen. These people are flawless in every aspect of their appearance, leading the viewers to feel inadequate in the face of such perfection. Many of us end up hating the idea of looking into the mirror, simply because what's on screen doesn't match with our reflection. It is important to understand that the relationship we have with our bodies reflects how we treat it. Your happiness is not dependent on whether you have the 'perfect bod'. Everyone has different levels of comfort, so what may work for someone else may not work for you. Treat your body as something to be treasured, regardless of what beauty standards exist in the world.




### Accept that nobody is perfect

Everybody wants to be liked and accepted just as they are. That's true for every BODY, too! See your body the way it is. Be less of a critic. Be more of a friend.



### Focus on what your body can do

There's more to your body than your looks. When you play a sport, walk, run, dance, swim — that's your body in action. Your body is there for you when you stretch, reach, climb, or jump for joy. Be thankful for everything it does for you.



### Be aware of healthy mechanisms

Eating disorders arise because of an unhealthy way of coping with stressors. People either eat less or more than their capacity to gain some sort of control over their lives. Becoming aware of this maladaptive pattern is the first and most crucial step towards tackling eating disorders



### Seek help

It is never wrong to seek professional help when you feel you require it. If you are unable to handle the negative thoughts about your body or the maladaptive coping mechanisms, seek professional help

