# BODY IMAGE AND EATING DISORDERS
## A Guide for Professionals

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. It is completely normal to feel like you don't live up to the body of someone that has probably spent hours on their hair, makeup and wardrobe; whose figure has been edited to fit into harmful standards held in society. Many people end up hating the idea of looking into the mirror, simply because what's on screen doesn't match with their reflection. It is important to understand that the relationship we have with our bodies reflects how we treat it.

## Never skip a meal

When it comes to being busy with work, one often gets so involved in it that they end up skipping meals, eating very late or eating quick, unhealthy meals. This can be detrimental to the body an can eventually lead to body image issues
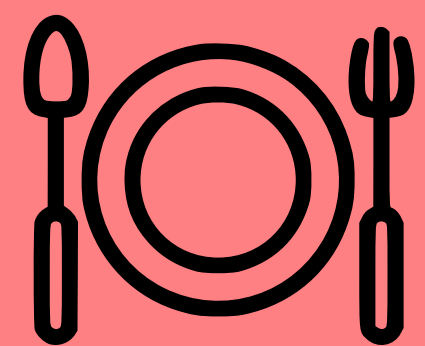
## Surround yourself with positivity

No matter how far you come in believing in the beauty of your own body, falling back into negative practices is easy if you surround yourself with unsupportive people. A good social circle is one that encourages you instead of tearing you down.

## Create healthy workplace environments

Ensure that you work in an environment that puts less focus on fitting into strict social standards in terms of appearances and more focus on what you have to offer in terms of your skills and knowledge.

## Be understanding

Sensitivity is important when it comes to the body, so it is important to understand the power of your own words to others. It is not okay to pass judgements on other people; careless words can be a huge blow to self-esteem.