

## Self-Help Resources for

# BODY IMAGE & EATING CONCERNS

### Defining body image and eating concerns

- Body image is one's thoughts, perceptions, and attitudes about physical appearance (NEDA)
- Eating concerns fall within a broad spectrum of eating-related feelings, beliefs, and behaviors around food (APA)

Many people struggle with body image and/or eating-related distress throughout their lifetime; however, when concerns reach a certain level they can meet criteria for an eating disorder. Eating disorders are mental health conditions where people attempt to use food to cope with negative feelings and situations which could lead one being consumed to control body weight and shape. Anyone can have an eating disorder, regardless of race and ethnicity, gender identity, sexual orientation, socioeconomic status, age, ability, and body weight/size/shape.

### Typical symptoms

Symptoms of body image distress and eating concerns may be cognitive, emotional, and/or physical. They may include:

- Shaming yourself for eating
- Feeling intense anxiety if unable to exercise
- Extreme mood swings and fatigue
- Difficulty concentrating
- Dizziness and/or fainting
- Hiding food and feeling out of control around food
- Gastrointestinal issues



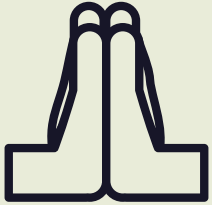
## Helpful Tips



### Practice self-care

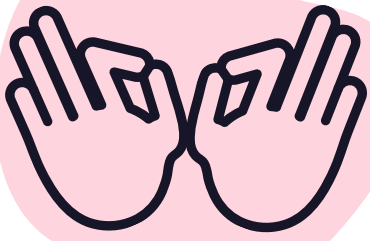
Do something nice for yourself and let your body know that you appreciate it. Take a hot shower, create art, go for a walk, spend time with loved ones, practice mindfulness, or take a nap!

### Monitor social media intake



Question what you see in the media. All media and messages are constructs—not reflections of reality. Tip: On Instagram, go to settings and select "ads." Select "Ad topics" and search "body weight control" then select "see less" and save!

### Examine thoughts & beliefs



Consider your beliefs, expectations, and thought processes and where they may stem from (i.e. societal norms, family values, etc.) Explore ways to refocus your energy into hobbies, interests, & goals.

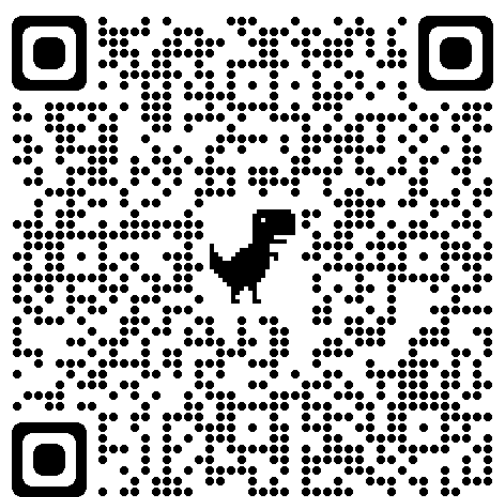
### Seek Support



Asking for help can be difficult. Identify friends, chosen family members, teammates, etc. that you trust and can ask for support. Consider asking for professional help when needed.

## Resources

**Check out our full resource list via QR code!**



## Counseling Center Services

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

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