SELF IMAGE BY UCLA PROJECT HEALTH



Introduction

A healthy body image is feeling good in your own skin; being happy about the way you look, your strengths, your weaknesses

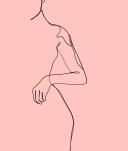
This is a guide to awareness of how body image can affect individuals in society, and also be a guide to taking care of yourself and viewing yourself in a positive way.



Eating Disorders

A psychological condition associated with an obsession with eating habits, weight, and appearance. Common types of eating disorders:

Anorexia- Starvation, over exercising Bulimia- Binging food/overeating followed by self-induced vomiting, purging and fasting EDNOS



Body Dysmorphia

A preoccupation with what the individual perceives as flaws in his or her appearance The rate of body dysmorphia has drastically increased due to social media "influencers," the pressure to conform to the current ideal body

Statistics







SUFFERING FROM MOOD DISORDERS





OF PATIENTS WITH ANOREXIA NERVOSA ALSO HAVE OBSESSIVE-COMPULSIVE DISORDER





shape, diet culture, magazines/models defining a beauty standard and the societal acceptance of fat-shaming EATING DISORDER ARE ALSO DIAGNOSED WITH MAJOR DEPRESSION



Body Positivity

These are some ways to increase body positivity:

- Accepting your body beyond the ideal beauty standards
- Talk about ways to deal with body image issues
- Staying healthy and fit is important, but it shouldn't turn into an obsession/unhealthy habit