

# 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 shape, diet culture, magazines/models defining a beauty standard and the societal acceptance of fat-shaming

## Statistics

ONE STUDY OF PEOPLE HOSPITALIZED FOR AN EATING DISORDER FOUND THAT

97% 

HAD AT LEAST ONE CO-OCCURRING MENTAL HEALTH DISORDER, WITH

 94%

SUFFERING FROM MOOD DISORDERS LIKE MAJOR DEPRESSION

69% 

OF PATIENTS WITH ANOREXIA NERVOSA ALSO HAVE OBSESSIVE-COMPULSIVE DISORDER

81% 

OF PEOPLE WITH BULIMIA NERVOSA ALSO HAVE AN ANXIETY DISORDER

1/3 

OF PEOPLE WITH BINGE EATING DISORDER ARE ALSO DIAGNOSED WITH MAJOR DEPRESSION

1/4 

PEOPLE WITH AN EATING DISORDER ALSO HAVE SYMPTOMS OF POST-TRAUMATIC STRESS DISORDER



## 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