

# Eating Disorders Awareness Month



In the United States, as many as 10 million females and 1 million males are battling an eating disorder such as anorexia or bulimia<sup>1</sup>. In addition, many individuals struggle with body dissatisfaction and disordered eating attitudes and behaviors. Females between the ages of 15 and 24 that suffer from anorexia nervosa have a mortality rate 12 times higher than the rate of all other causes of death<sup>1</sup>. Yet given these statistics, only one in ten people with eating disorders receive treatment<sup>2</sup>.

Your Employee Assistance Program reminds you that February is National Eating Disorders Awareness Month. Take a moment to read the following tips. They could help you or someone you know.

## 10 Steps to a Positive Body Image

1. Appreciate all your body can do.
2. List the top ten things you like about yourself that aren't related to how much you weigh or what you look like.
3. Remind yourself that "true beauty" is not skin-deep. Beauty is a state of mind, not a state of your body.
4. Look at yourself as a whole person.
5. Surround yourself with positive people.
6. Do something nice for yourself.
7. Shut off the voices in your head that tell you your body isn't "right" or that you are a "bad" person. Overpower negative thoughts with positive ones.
8. Wear clothes that are comfortable and make you feel good about your body.
9. Become a critical viewer of social and media messages.
10. Use the time and energy that you might have spent worrying about food, calories and your weight to do something to help others.

**If you or someone you know is struggling with an eating disorder, call your Employee Assistance Program at 800-451-1834 to speak with a counselor.**

<sup>1</sup>National Eating Disorders Association, [www.NationalEatingDisorders.org](http://www.NationalEatingDisorders.org)

<sup>2</sup>South Carolina Dept of Mental Health Eating Disorder Statistics