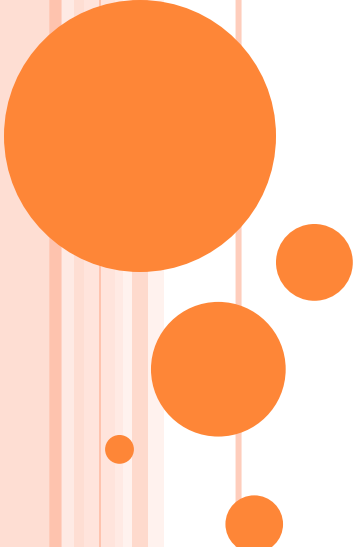




EATING DISORDERS

52 Eating disorders (video 3:16 min)

Eating disorders (pdf)

WARM UP QUESTIONS

- In what way can other people's words and actions be connected with eating disorders?
- Do emotions affect eating?
- How are eating disorders connected to mental health issues?
- How can a person recover from an eating disorder?
- Can images in media cause eating disorders?



EATING DISORDERS: WHEN EATING DOMINATES LIFE

- Mental wellbeing is connected to daily activities such as eating
- Eating might be one way to control stress, loneliness or difficult emotions, e.g. anxiety, sadness or insecurity
- Pressure to perform well at school and hobbies, or worry about one's own looks might cause an unhealthy relationship with eating
- Eating or fasting can be symptoms of seeking a solution to a psychological malady or an unsafe life situation



EATING DISORDERS

- The need to control oneself through eating can cause an eating disorder
- Is both a physical and mental illness
- Can occur regardless of age and gender, but young people are more likely to suffer from eating disorders than adults
- More common among girls than boys, although the number of eating disorders among boys has increased
- The majority of those suffering from an eating disorder are normal or overweight
- Is no one's fault or caused on purpose!



BULIMIA

- Either avoiding food or trying to get rid of it after eating by harmful means
- Binge eating attacks, in which most people overeat and feel out of control to stop
- During a binge attack, reality and the environment are blurred, difficulties remembering what happened during the binge
- Doing things to make up for overeating is typical
 - throwing up on purpose after overeating = purging
 - using laxatives, diuretics or weight loss pills, fasting, or exercising a lot to prevent weight gain
- Judging oneself based on body shape and weight
- Strong feeling of shame is involved



BED (BINGE EATING DISORDER)

- Binge eating, overeating and feeling out of control to stop occur
- Eating large amounts even without feeling hungry
- Leads to feel upset and guilty
- Weight gaining is typical, may cause obesity
- Eating faster than normal, eating alone so others don't see the amount of food consumed



ANOREXIA

- The main symptom of anorexia is the severe restriction of eating, which usually leads to weight loss, resulting in a weight that is less than one's normal or healthy weight
- Genetic background → one does not feel the need to eat and, on the other hand, does not enjoy the satisfaction of eating like people in general
- Eating and gaining weight cause intense fear and guilt
- Total denial of health problems, distortion of body image and blurring of reality



ORTHOREXIA

- Is an eating disorder that is motivated by an excessive desire to eat as healthy and as right as possible
- Avoiding certain foods and/or ingredients
- May lead to weight loss and later anorexia, if healthy eating becomes obsessive



HOW DO EATING DISORDERS AFFECT HEALTH AND WELLBEING?

- Can cause serious problems for your body and mind, e.g.
 - Undernutrition
 - Dehydration
 - Irregular periods and infertility
 - Weakness in bones
 - Tooth erosion and cavities
 - Anxiety and depression
 - Social problems



HEALING IS POSSIBLE

- The majority of those who suffer from eating disorders will get better and heal
- Professional help and therapy are necessary for most people
- Learning healthy eating patterns and eating enough is a key part of recovery
- Need for learning other ways and techniques of dealing with challenging emotions and life crises
- Supporting one's self-esteem with help of friends and family is important



EXERCISES

1. Give examples of how eating disorders affect
 - a. physical
 - b. mental
 - c. social health
2. Compare anorexia and bulimia.
 - a. What features do they have in common?
 - b. How are they different from each other?



EXERCISES

3. How can the following factors affect eating disorders?
Give examples and justify your answers.
- a. Schoolmates' comments about the way you look.
 - b. Fit male models and/or very thin female models in media.
 - c. Health education in school
 - d. Going to gym or dancing ballet
 - e. Health check-ups with weight and growth controls



EXERCISES

4. Justify your opinion on following:
 - a. Which hobbies or sports emphasize one's look, weight or dieting?
 - b. How do you think they can affect a young person's perception of their own body image?
5. How would you help a friend who you believe is suffering from an eating disorder?



SYLI-SYÖMISHÄIRIÖLIITTO

- Syömishäiriöliitto In English
- Syömishäiriö (esite)



EATING DISORDERS (KID'S HEALTH AUDIO ARTICLE)

