

A background image showing several slices of cucumbers and carrots arranged on a wooden cutting board. The cucumbers are green with dark green skin and light green interiors. The carrots are orange and sliced into rounds. The cutting board has a light-colored wood grain pattern.

## 52. Eating disorder is a mental disorder

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# Obsessing over food



Food can become way to reduce and control stress, loneliness or difficult emotions: Anxiety, hate, sorrow, or insecurity.

# Obsessing over food

- The need to have control over oneself by controlling eating habits can onset an eating disorder
- Often times eating disorder is caused by pathological fear of being overweight
- Weight control attempt does not automatically lead into eating disorder and being thin is not always a sign of an eating disorder

# Eating disorder and puberty

- During puberty body undergoes a transformation, which can feel unwieldy and arouse the need to have again control over things
- Young people are more inclined to forming an eating disorder

# Eating disorder and puberty

- Eating disorder can be fatal if left untreated
- Most of the people with eating disorder get better, some require professional help and therapy



# Homework

- What kind of different eating disorders are you aware of?
- What are the symptoms for each?

