

Honor *All* WOMEN

COUNSELING

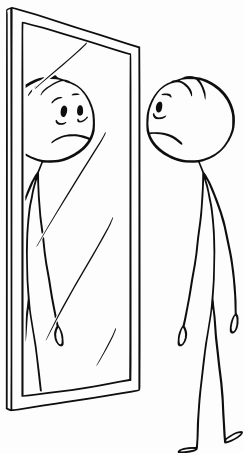
Our Mission: Honor All Women Counseling is a space for women to heal the past, find compassion in the journey and simultaneously shine their light!

Welcome Back! I can't believe we're already in the month of March. I am very grateful that you have taken the time to read this newsletter and to be part of the HAWC community. I also want to take this opportunity to have you check in with yourself. Have you taken the time to speak kind to yourself? As previously mentioned, if you're under stress please consider all that you've already accomplished. It takes time to develop self-love and self compassion.

Did you know February 27 through March 5, 2023 is National Eating Disorder Awareness (NEDA) Week? If you didn't, that's okay. This month's newsletter will focus on bringing more awareness to Eating Disorders.

Eating Disorders are a serious mental illness; they are not a lifestyle or a diet 'gone too far.' They are serious, complex and potential life-threatening mental illnesses. Eating disorders are serious conditions related to persistent eating behaviors that negatively impact your health, your emotions and your ability to function in important areas of life.

1 in 3 individuals who have an eating disorder die every 52 minutes. 26% of People with an Eating Disorder attempt suicide. Eating disorders don't happen overnight; they can develop over the course of a few months or a few years. Like with any mental health condition, eating disorders, begin differently for each person.



Eating disorders are classified into different types, according to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), Fifth Edition.

- Binge Eating Disorder (BED)
- Anorexia Nervosa
- Other Specified Feeding or Eating Disorder (OSFED)
- Bulimia Nervosa
- Avoidant/Restrictive Food intake disorder (ARFID)
- Unspecified Feed or Eating Disorder (UFED)
- PICA
- Rumination Disorder

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Risk factors for all eating disorders involve a range of biological, psychological, and sociocultural issues. These factors may interact differently in different people. Moreover two people with the same eating disorder can have very diverse perspectives, experiences, and symptoms. However, there are some similarities with understanding some of the major concerns that can contribute to developing an eating disorder. Listed below are some (not limited) common symptoms of an eating disorder:

- In general, behaviors and attitudes that indicate that weight loss, dieting, and control of food are becoming primary concerns
- Appears uncomfortable eating around others
- Withdrawal from usual friends and activities
- Extreme concern with body size and shape
- Frequent checking in the mirror for perceived flaws in appearance
- Extreme mood swings
- Fine hair on body (lanugo)
- Dresses in layers to hide weight loss or stay warm
- Self-esteem overly related to body image
- Noticeable fluctuations in weight, both up and down
- Menstrual irregularities — missing periods or only having a period while on hormonal contraceptives (this is not considered a “true” period)
- Difficulties concentrating
- Dizziness, especially upon standing
- Swelling around area of salivary glands
- Cavities, or discoloration of teeth, from vomiting
- Maintains an excessive, rigid exercise regime – despite weather, fatigue, illness, or injury
- Evidence of purging behaviors, including frequent trips to the bathroom after meals, signs and/or smells of vomiting, presence of wrappers or packages of laxatives or diuretics

Eating Disorders do not discriminate and can occur in people of any age, weight, size, shape, gender identity, sexuality, cultural background or socioeconomic group. We have to be mindful how we talk to ourselves especially around our own family members. You'd be surprised what message we are sending when we make careless comments like, "Ugh why did I eat that. I feel so fat" after having a meal or a quick bite when running errands. Refrain from setting strict divisions between 'good' or 'bad' foods. and reframe your thoughts to, "My body feels nourished" or "I needed to fuel my body in order to be able to focus" (at work, studying, be present, etc..) It is easier said than done especially if our culture uses words of endearment based on our body type. Remember, many of us internalize messages starting at a young age that can lead to either positive or negative body image. Having a healthy body image is also an important part of mental wellbeing and eating disorders prevention.

Eating should never feel like a chore. Let's make each meal feel like a small, celebratory event full of gratitude for its presence in our life. Health culture throughout the years has fallen into the stressful concept that leading an active lifestyle is our primary tool to managing the food we consume. Help your loved ones understand that exercise and activity should never be solely determined by what or how much they've eaten

Eating disorders involve complex relationships between emotions, coping, food, control, and obsessions, making it difficult sometimes to recognize the problem. Many individuals, as well as their friends and family, do not see changes in eating behavior as a sign of an eating disorder. Seeking treatment can be difficult, but it will help you recover from an eating disorder and teach you to have a better relationship with yourself and food.

If you or someone you know is struggling with an eating disorder please call or text (800) 931-2237

For more information visit www.nationaleatingdisorders.com