

THE ASPIRE CLINIC PRESENTS...

MENTAL HEALTH, NUTRITION, & BODY IMAGE SUPPORT

STARTING THE CONVERSATION...

QUICK FACTS/MISCONCEPTIONS

- Disordered overeating is a common coping mechanism that can be developed in response to trauma and traumatic experiences
- Eating disorders are the second most common mental illness
- Diagnosis & treatment are less likely to be given among:
 - BIPOC
 - Individuals with low socio-economic status
 - Men
 - Individuals who overeat
- **Myth:** "Only thin-bodied people get eating disorders"
 - **Fact:** Actually, people of any body size, shape or weight can develop a severe eating disorder
- **Myth:** "Only women and girls get eating disorders"
 - **Fact:** people of any gender can develop an eating disorder (1 in 3 are male)

TERMS & WAYS OF TALKING ABOUT BODIES



Body positivity

Repeating positive self-dialogue to reaffirm the way one views their body.

Body neutrality

Appreciating the ways that the body functions and operates.

Fat phobia

The fear and discomfort surrounding fatness, conversations about fatness.



Disordered eating

Behaviors that are disruptive to patterns of eating, but may not be drastic to the well-being of an individual.

Eating disorders

Diagnosable mental illness, often associated with weight loss, binge eating, and purging. Disrupts daily functioning.

Affirmations

Phrases that are repeated to support yourself emotionally, "I Am..." statements

"I am powerful"

"I am doing the best to care for my body"

"I am at home in my body"

CHANGING THE MINDSET...

BEHAVIORS THAT ARE NORMALIZED, BUT COULD LEAD TO DISORDERED EATING

- Obsessing over food, conversations often revolve around food/ your next meal
- Making comments on other people's bodies
- Avoiding eating while partying to feel more intoxicated
- General negative attitudes towards larger bodies
- Overexercising



STRATEGIES TO BOOST BODY IMAGE

- Dress in what feels comfortable to you
- Practice positive self-talk instead of reaching for comparisons
- Treat your body with care, and even pamper yourself
- Keep active in a way suited for you
- Avoid methods of body-checking, like weighing yourself for non-medical reasons

ESTABLISHING A SUSTAINABLE RELATIONSHIP WITH FOOD

- Follow your intuition
- Disregard strict eating rules
- Avoid dieting
- Be conscious of your body's hunger and fullness signals



FIND GROUNDING IN SUPPORTIVE
TECHNIQUES AND SELF-DIALOGUE

FINDING SUPPORT...



ASKING FOR HELP

- For people struggling with disordered eating:
 - Decide on the time, place and manner of discussion to ask for help
 - Be intentional with giving yourself space/ time
 - Be patient with yourself, this is not an easy discussion
 - Eating disorders are often genetically linked, so something you may experience could be a shared experience in your family too

OFFERING HELP

- For family/friends:
 - Offer to check in, attend doctor's visits, share emotional support, research nearby treatment options, or simply be a friend
 - Take the situation seriously, practice active listening
 - Parents-- get involved, there is a better chance of recovery with your help and support
 - Encourage regular check-ups and professional help



HOTLINES

National Eating Disorders Association: 800-931-2237
ANAD hotline: 888-375-7767

FOR UGA STUDENTS...

- **ASPIRE Clinic**

- One-on-one nutrition education for healthy eating habits, recipe ideas, budgeting for healthy foods, physical health and food, and exercise basics
- <https://www.fcs.uga.edu/aspireclinic>
- 706-542-4486

- **Student Care and Outreach**

- Schedule a meeting
- Email sco@uga.edu
- Call 706-542-7774

- **UHC: Multidisciplinary ED Consultation Team:**

- Schedule a no cost CAPS Screening: call 706-542-2273 or schedule online via the UHC Portal @ <https://patientportal.uhs.uga.edu>
- Call 706-542-8650 to schedule an initial assessment with Kimberly Brown-Clark, PA-C through the UHC Green Clinic
- After an initial assessment, students can be referred to other Eating Disorder Consultation Team providers, or a UHC Dietician by calling Health Promotion 706-542-8690*

* Patients are only able to schedule with the dietician once their UHC PCP or Kimberly Brown-Clark, PA-C has completed a referral.



OTHER LOCAL RESOURCES...

- **Eating Disorders Recovery Center of Athens**
 - 706-552-0450
- **Alsana**
 - Online therapy with a free ED assessment survey
 - <https://www.alsana.com/ed-evaluator-live-chat/>
- **Athens Neighborhood Health Center**
 - Mental health and counseling services
 - 706-543-1145
 - cstephens@aneighbor.org
- **Athens Nurses Clinic**
 - Low/no cost health education and counseling
 - 706-613-6976
 - paige.athensnursesclinic@gmail.com
- **Center for Discovery in Atlanta**
 - Online care, support groups, outpatient care, residential care
 - 888-559-3002
 - <https://centerfordiscovery.com/>
- **Veritas in Atlanta**
 - Online quizzes, information, treatment options, support lines, specifically open to gender-diverse individuals
 - <https://veritascollaborative.com/>
 - 855-875-5812

