

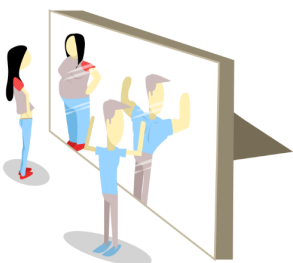
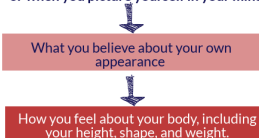
UAEH®

Universidad Autónoma del Estado de Hidalgo

World Eating Disorders Action Day

BODY IMAGE

It is how you see yourself when you look in the mirror or when you picture yourself in your mind.



Your body image is made up of the thoughts and feelings that result from how you perceive your physical self. It can be positive or negative, as the body dissatisfaction



Most college girls in Hidalgo want to be thinner and body image is their number one concern



However, men are not out of this

The college girls:



Present body dissatisfaction



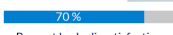
Wish they were thinner



Wish they were robust



The college boys:



Present body dissatisfaction



Wish they were thinner



Wish they were robust



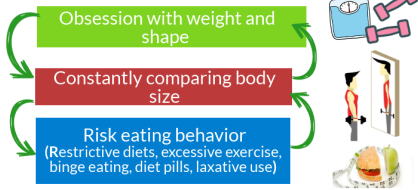
Poor body image can lead to: depression, anxiety, alcohol and other drug abuse and develop an eating disorder



DID YOU KNOW?



Some signs that you or someone you know might have with a negative body image :



When the people are highly dissatisfied with their body image may develop a eating disorder (ED).

ED is a psychological disorder.

So who are the health professionals that attend it?



The psychologists should be the first contact for their diagnostic and treatment.

However, is necessary a multidisciplinary team among psychologists, physicians, nutritionists and other health professionals for the best treatment.



Know, value and accept your body image!

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