

Toilet Talk

Counseling Services

484-664-3178



National Eating Disorders Awareness Week Feb. 22-28, 2016

Eating disorders are negative coping mechanisms that can develop out of underlying issues like depression or anxiety.

Eating disorders are rarely about a singular desire to be thin. Some people have binge eating disorder-- an illness that results in significant weight gain.

Eating disorders can result from unrealistic beauty ideals. Body image often only plays a small part in someone's larger struggle to gain control over a part of their lives, punish themselves for something, or express an internal struggle.

Anyone can be at risk regardless of race, ethnicity, age, sexual orientation, or gender identity. Eating disorders don't discriminate.
www.nedawareness.org

Beat the Winter Blues!

Open your blinds & curtains
Take a vitamin D supplement
Spend at least 15 minutes
outside each day
Exercise daily
Use a light therapy sun
lamp/light box