

Take pride in your body and deflect those negative thoughts related to body image. Learn some tips on how to talk to friends or family who need help with an eating disorder and/or body dissatisfaction. Be safe when you are on and off campus. Take part in numerous events that will be you increase your overall well-being!



Body Image

Improving [body image](#) is a process that involves increasing awareness of and responding to environmental body image influencers while changing individual perception, feelings, thoughts, and behavior. To focus more on health and less on appearance and weight, practice healthy eating, active living, self-acceptance, respect, and appreciation for size diversity. If you are pleased, comfortable, confident, and proud about your body, you have an increased likelihood of high self-esteem.

At every ASU location, we encourage you to take part in [Body Pride Week](#). Throughout the week of February 22-26, 2016, events will be happening on your campus to promote body pride. Stop by and pick up a shirt, participate in obstacle courses, come to a dinner with a guest speaker, or attend Spa Night. For more information, please feel free to contact us at wellness@asu.edu.



Eating Disorder Awareness

[Eating disorders](#) are expressions of food, weight, and appearance issues that tend to arise from a combination of long-standing psychological, behavioral, interpersonal, socio-cultural, genetic, and biological factors. If you or someone you know is suffering from an eating disorder, it is important to get them help as soon as possible. If you are interested in additional resources for eating disorders, click [here](#). Follow these tips on how to help a friend with body dissatisfaction and/or an eating disorder:

- Learn more about body image and eating disorders (books, brochures, articles).
- Research treatment options and gather resources (treatment facilities, therapists, help lines, etc).
- Communicate concerns to a friend one-on-one in a private place at an appropriate time.
- Focus on discussing changes in a friend's health and behavior rather

- than emphasizing food, weight, and appearance.
- Recommend treatment and provide resources.
- Offer support, encouragement, and hope.



Wellness Events & Activities

[1/19 - 3/16 Fork the Smoke! Tobacco-free Challenge](#)

[2/23 Farmers Market @ ASU Tempe](#)

[2/18 Explore Opportunities in Health and Wellness - Career Week at Downtown Phoenix](#)

[2/19 CPR/AED/First Aid Review Course - Downtown](#)

[2/20 Indoor Rock Climbing at Arizona on the Rocks](#)

[2/20-2/21 Wilderness First Aid - Tempe](#)

[2/20-2/21 Lifeguard Review - Polytechnic](#)

[2/21 CPR/AED for the Professional Rescuer and First Aid - West](#)

[2/27 Arizona Snow Bowl Adventure](#)



Well Devils Resources

[ASU Counseling Services](#)

[ASU Health Services](#)

[ASU Tobacco-free](#)

[ASU Wellness](#)

[Sun Devil Fitness](#)

[Sun Devil Dining](#)

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