



Picture by SunShine2002

NEWS

National Eating Disorder Awareness Week (24th February to 1st March)

National Eating Disorders Awareness Week takes place every year in the last week of February. The campaign is organised by the National Eating Disorders Association to raise awareness about eating disorders and support those who are affected.

These year's theme is Come as You Are: Hindsight is 20/20.

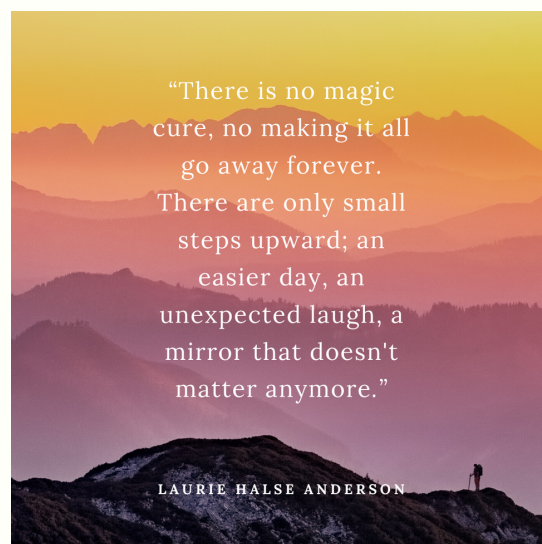
Join us in raising awareness and share your story with us if you're comfortable about doing so.

Ways to improve your body image

by Haley (Halcyon)

Poor body image is something that many of us struggle with, but there are ways to boost our self-esteem and start feeling more comfortable in our own body.

- **Go through your wardrobe.** Give away uninspiring clothes that you don't feel good in. When buying new clothes, be mindful that clothing sizes vary with brands, and look for clothes that accentuate the parts of your body that you love. Maybe certain colours compliment your hair or eyes.
- **Try a social media cleanse.** Unfollow people or pages that make you feel bad about yourself or preoccupied with your own image. Remember that what you see in the media may not be a true reflection of real life as many things are edited.
- **Be aware of who you eat with.** Avoid eating meals with people who are constantly on diets or restricting foods, or people who make unhealthy comments about food.
- **Build a support system.** Team up with some friends and purposely plan days to have a bad hair or no makeup day. Practising this often will help you to start feeling more comfortable in your own body and turning up as you are.
- **Shift your focus to something completely different.** Do something to help others or try a new hobby. Healthier lifestyle choices can contribute a lot to your mood and the way you see things.



INTERESTING TOPICS THIS MONTH

Debunking the myths of eating disorders

There are a variety of misconceptions about eating disorders which can make it difficult for those with eating disorders to reach out and get help. Our article debunks some of the common myths.

<http://www.teenhelp.org/forums/f81-eating-disorders/t136126-debunking-myths-eating-disorders/>

College dorm or stay at home?

This user is looking for advice on whether to move into a college dorm or stay at home. What were some of the things that helped you to decide?

<http://www.teenhelp.org/forums/f22-education-careers/t159856-college-dorm-stay-home/>