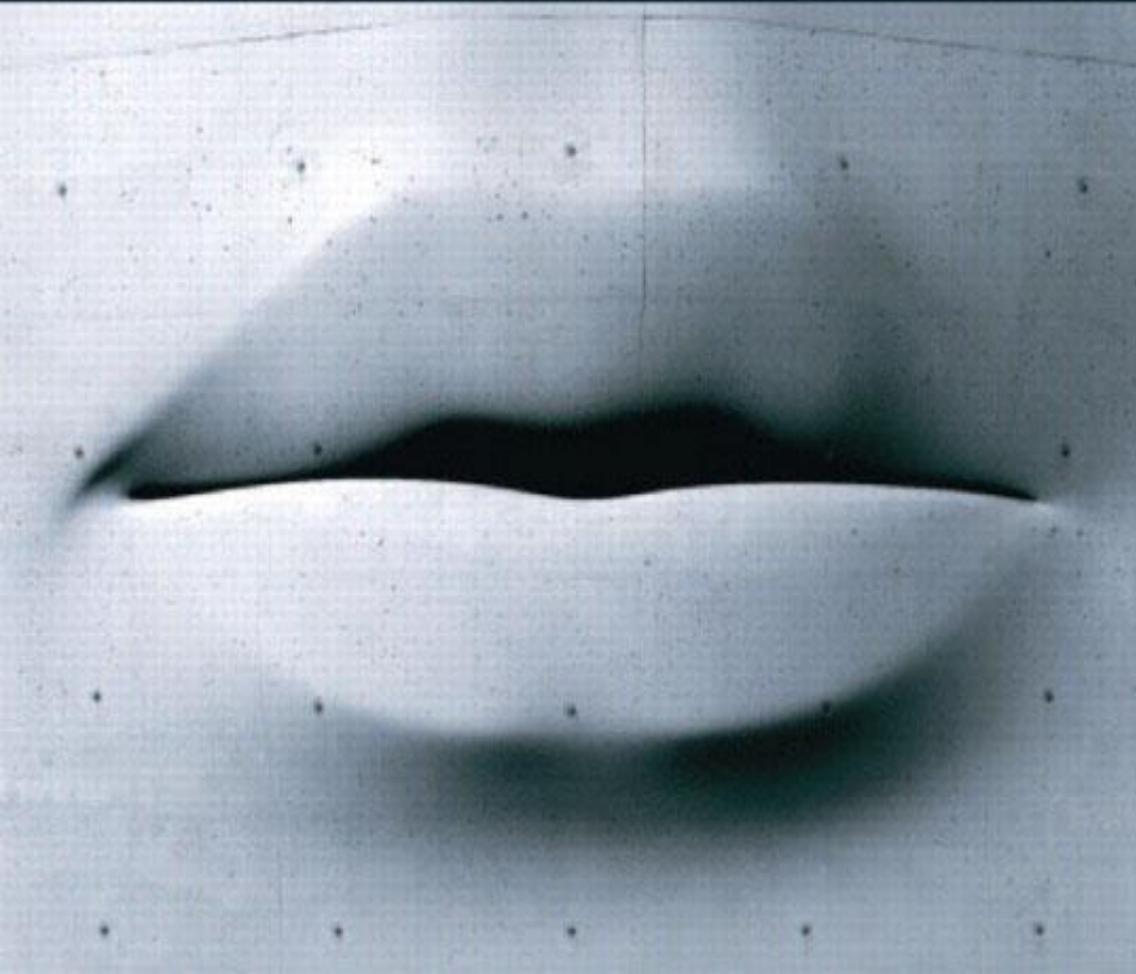


EATING DISORDERS



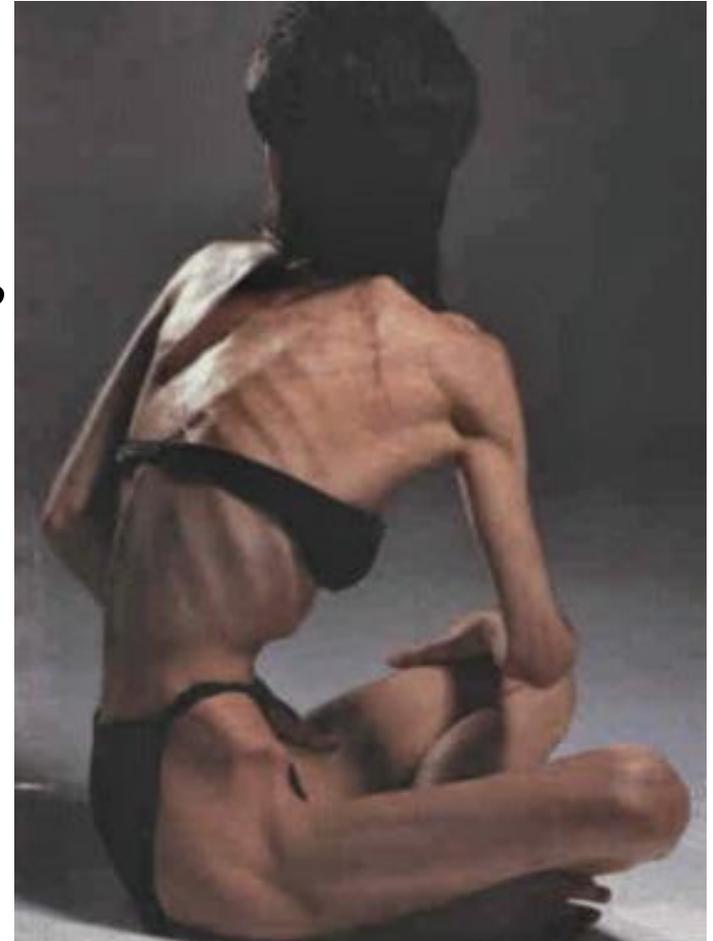
You Can't Weigh
Your Self-Esteem
or Self-Image; It's
What's Inside That
Carries The Most Weight





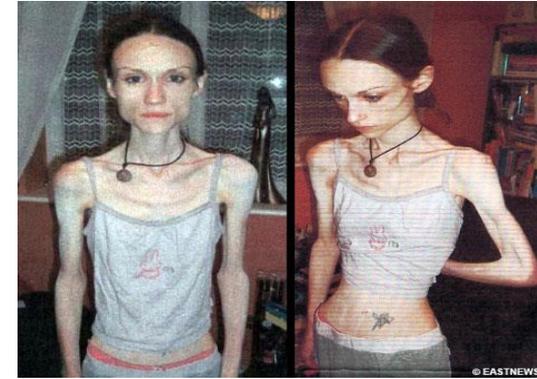
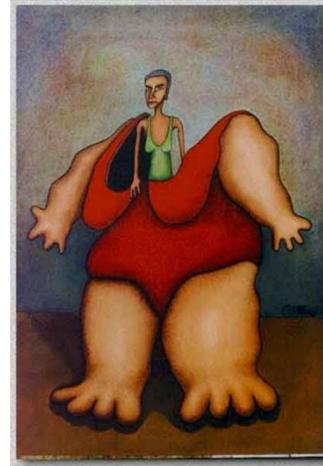
Eating Disorder information:

- The most common behavior that will lead to an eating disorder is dieting.
- Body shape and weight overly influence self-image
- It is estimated that currently 11% of high school students have been diagnosed with an eating disorder.
- Up to 19% of college aged women in America are bulimic.



What is Anorexia Nervosa?

- Anorexia Nervosa - normal weight person has distorted self-perception of being "fat"
 - Self-starvation regimens
 - Become dangerously underweight
 - Considered 15% or more underweight
 - 9 out of 10 times = adolescent female
 - Often can display characteristics of bulimia
 - Starts as a diet
 - Recovery rate is 70%



Ana Carolina Reston, 21



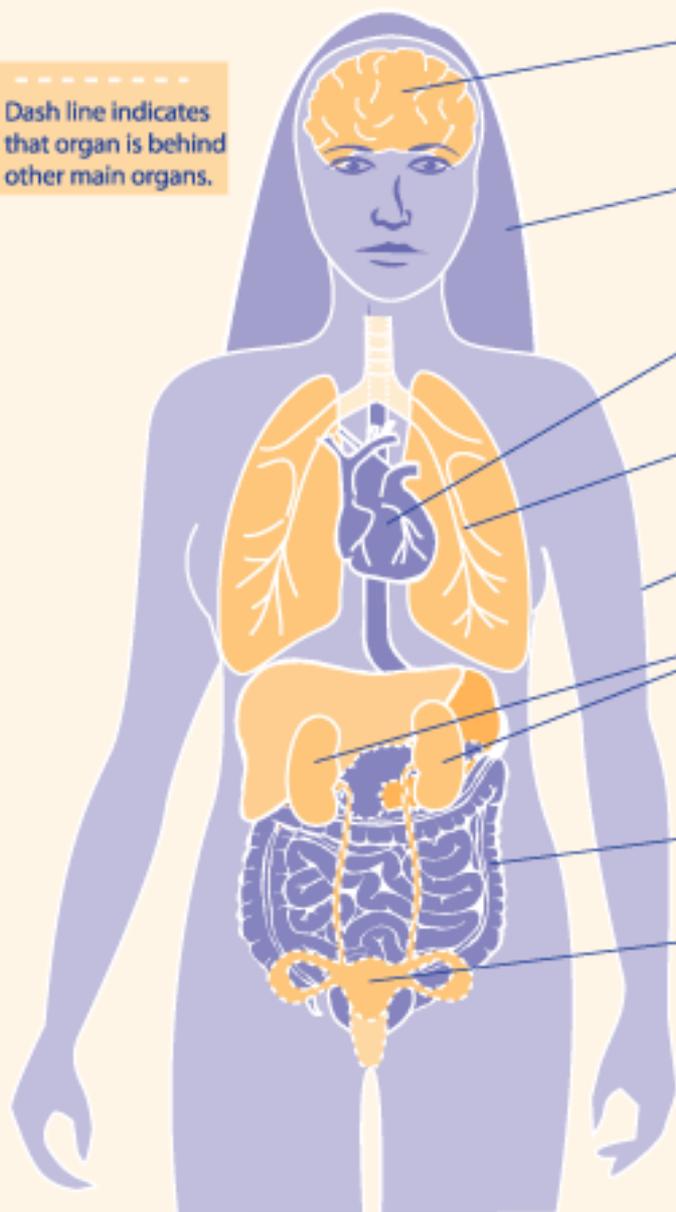
She had been modeling since she was 13 and she was keeping her family afloat with the money she got from her contracts.



When she died, the big-eyed Ana weighed only 88 lbs, and was 5'8". She had the body of a 12-year-old girl. She was 21.

Anorexia affects your whole body

Dash line indicates
that organ is behind
other main organs.



Brain and Nerves

can't think right, fear of gaining weight, sad, moody, irritable, bad memory, fainting, changes in brain chemistry

Hair

hair thins and gets brittle

Heart

low blood pressure, slow heart rate, fluttering of the heart (palpitations), heart failure

Blood

anemia and other blood problems

Muscles and Joints

weak muscles, swollen joints, fractures, osteoporosis

Kidneys

kidney stones, kidney failure

Body Fluids

low potassium, magnesium, and sodium

Intestines

constipation, bloating

Hormones

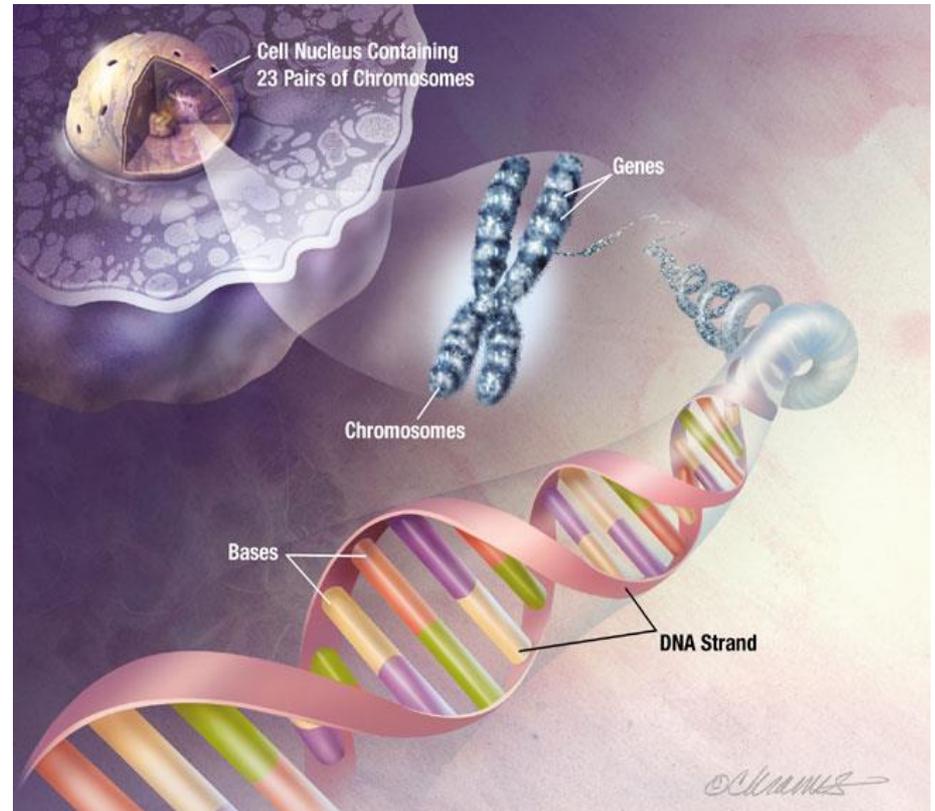
periods stop, bone loss, problems growing, trouble getting pregnant. If pregnant, higher risk for miscarriage, having a C-section, baby with low birthweight, and post partum depression.

Skin

bruise easily, dry skin, growth of fine hair all over body, get cold easily, yellow skin, nails get brittle

Genetic Factors

- Anorexia nervosa occurs eight times more often in people who have relatives with the disorder. However, experts do not know exactly what the inherited factor may be.
- In addition, anorexia nervosa occurs more often in families with a history of depression or alcohol abuse.

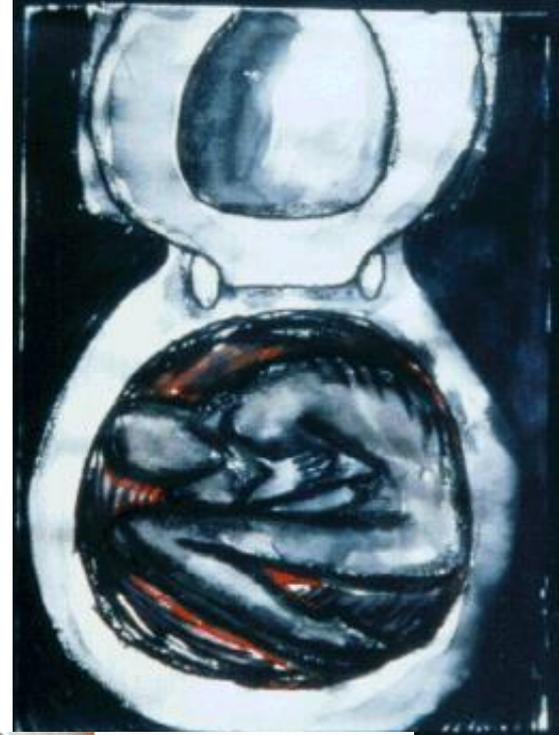


Eating Disorders

- Bulimia nervosa
 - Binge eating followed by purging
 - Recurrent behaviors to prevent weight gain, such as self-induced vomiting, laxative use, excessive exercising

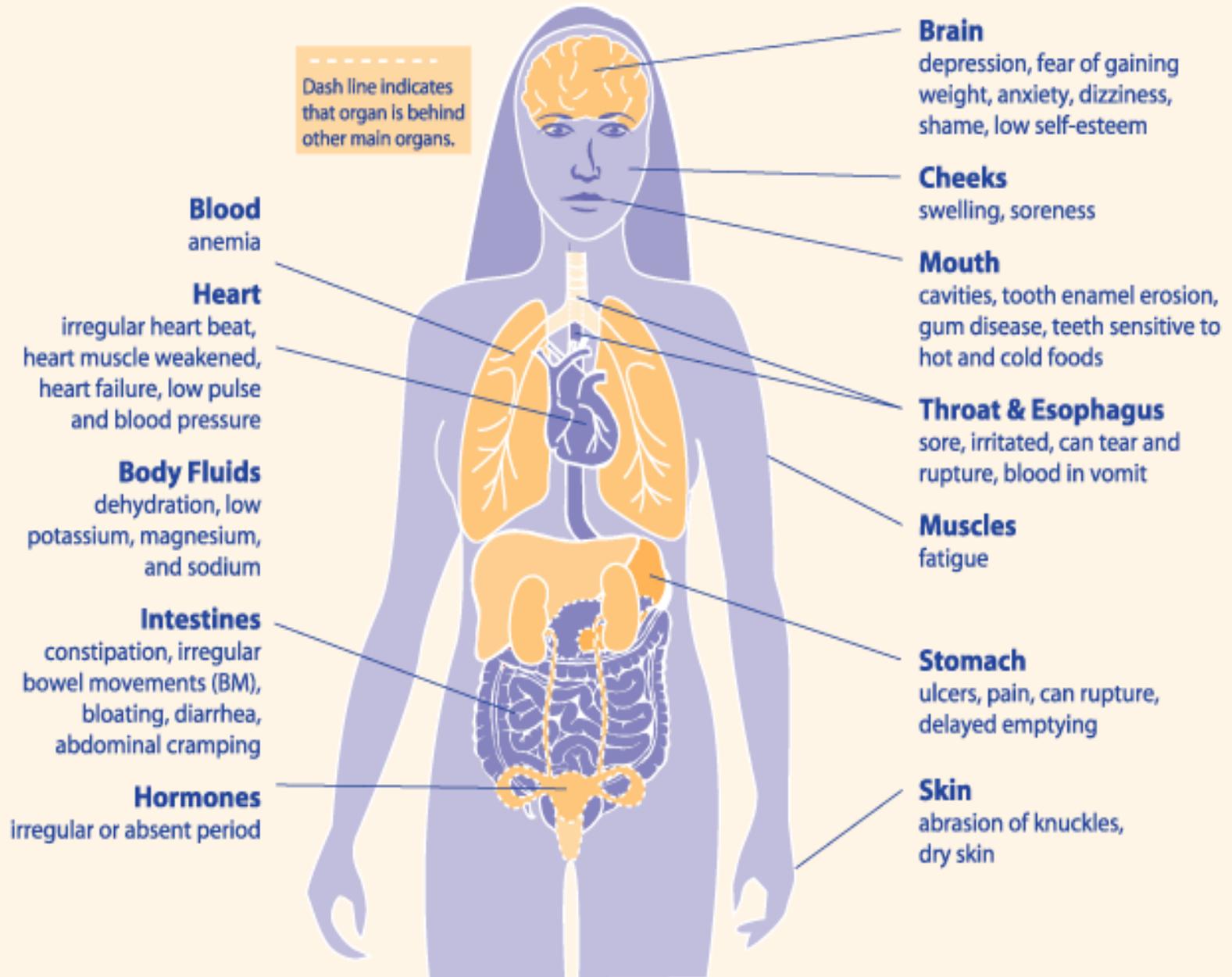
Characterized by

- Fear of gaining weight
 - Preoccupation with food
 - Suffering from depression and/or anxiety
- About 1-2% of female adolescents afflicted



How bulimia affects your body

Dash line indicates that organ is behind other main organs.



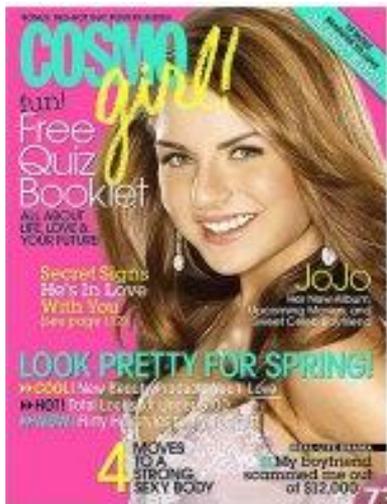
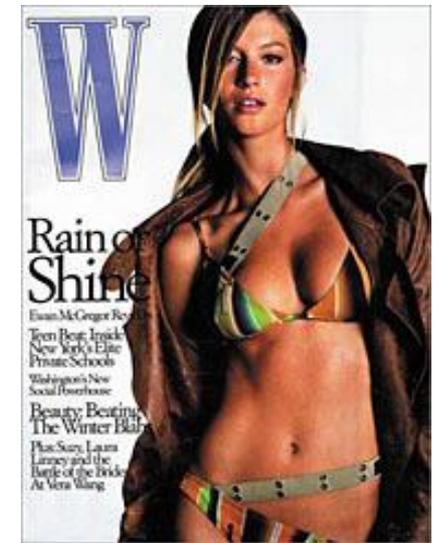
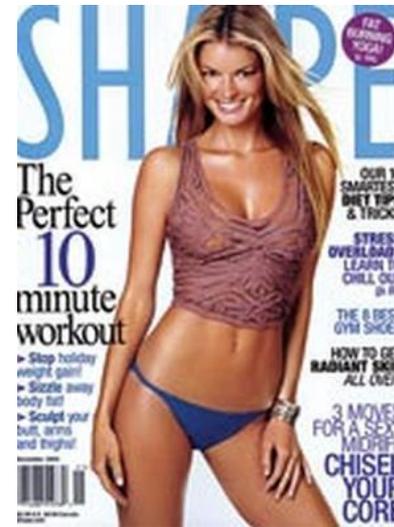
What causes Eating Disorders?

- **Media & Advertising**
- **Cultural Pressures**
- **Psychological Issues**
- **Low Self-Esteem, and Poor Self-Image**
- **Genetic factors**
- **Life Transitions**
- **Family Problems**
- **Peer & Social Pressure**

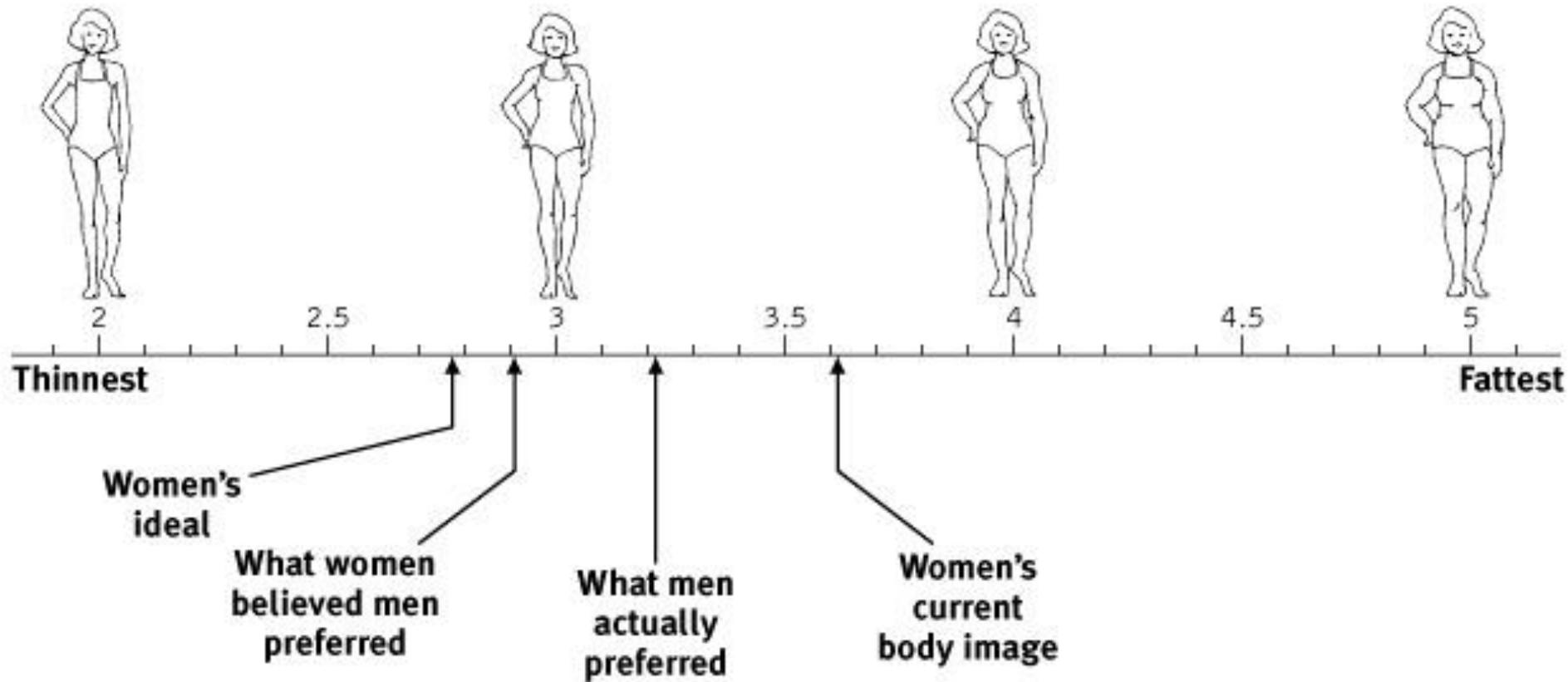


Media Influence on Teens

This idealized ultra-thin body shape is almost impossible for most women to achieve since it **does not** fit with the biological and inherited factors that determine natural body weight.

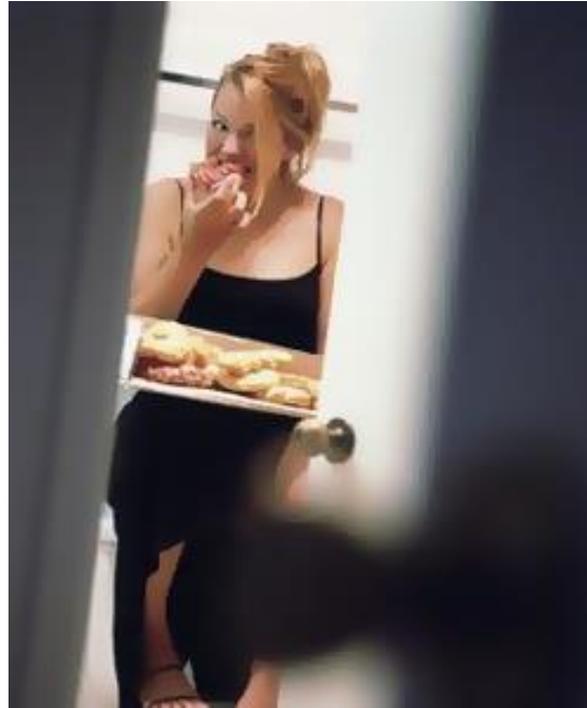


Body Image



Compulsive Overeating Disorder

- Characterized by an addiction to food.
- Episodes of uncontrolled eating or binging, during which he or she may have a pressured, frenzied feeling.
- The person may continue to eat even after becoming uncomfortably full.
- The binge is typically followed by a period of intense guilt and/or depression.



Do You Have An Eating Disorder?

- Are you constantly thinking about, planning, worrying, or changing your daily life plans in order to achieve weight loss?
- Are you already considerably underweight? People tell you that you are too thin, yet you continue to see yourself as fat.
- Are you exercising excessively, using purgatives, or going on severely restrictive diets—all to lose more weight?
- Are your eating habits, weight loss, and negative attitude toward your body beginning to impact your ability to function or enjoy life?



Self-Evaluation Quiz:

- Are you constantly thinking about your weight and food?
 - Are you dieting strictly and/or have you lost a lot of weight?
 - Are you more than 10% below your healthy weight?
 - Are people concerned about your weight?
 - Is your energy level down?
 - Do you constantly feel cold?
 - Are your periods abnormal or have your periods stopped?
 - Are you overeating and feeling out of control?
 - Are you vomiting, using laxatives or water pills, herbal agents, or trying to fast as a way to control your weight?
 - Are you over exercising or do others consider your exercise excessive?
 - Does your weight drastically fluctuate?
 - Do any of the above interfere with your enjoyment of life, relationships, or everyday functioning?
-
- If you answered yes to more than 5 of these questions, we would encourage you to get a professional evaluation.
 - National Eating Disorders Hotline: 1-800-931-2237

Obesity

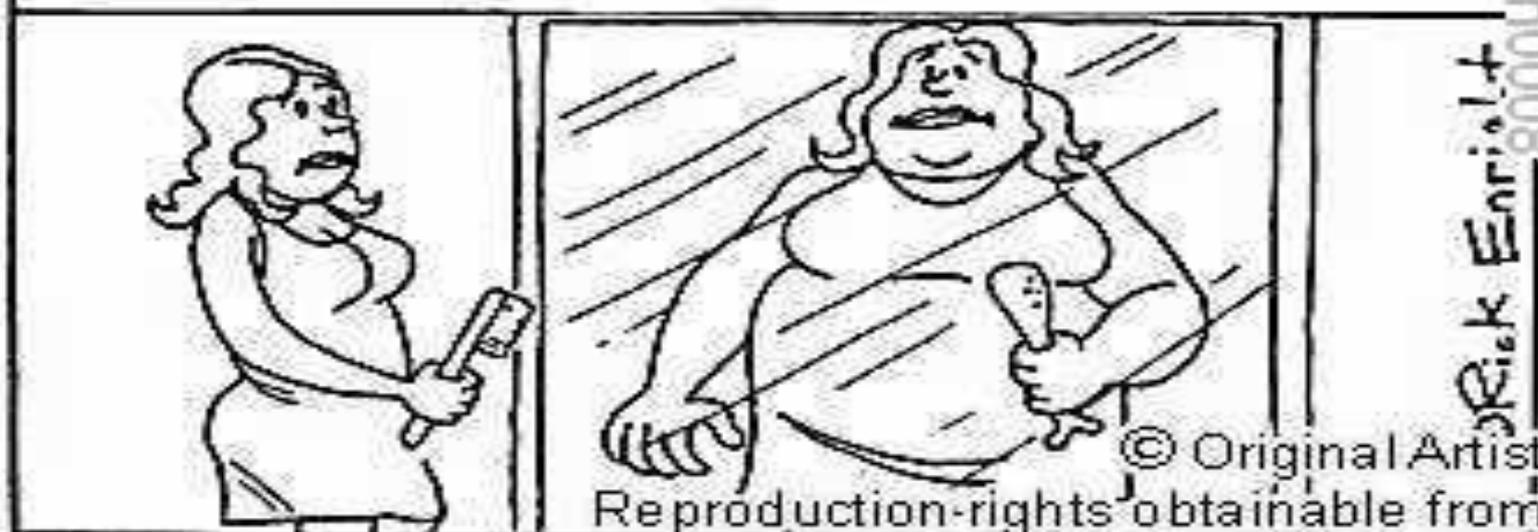
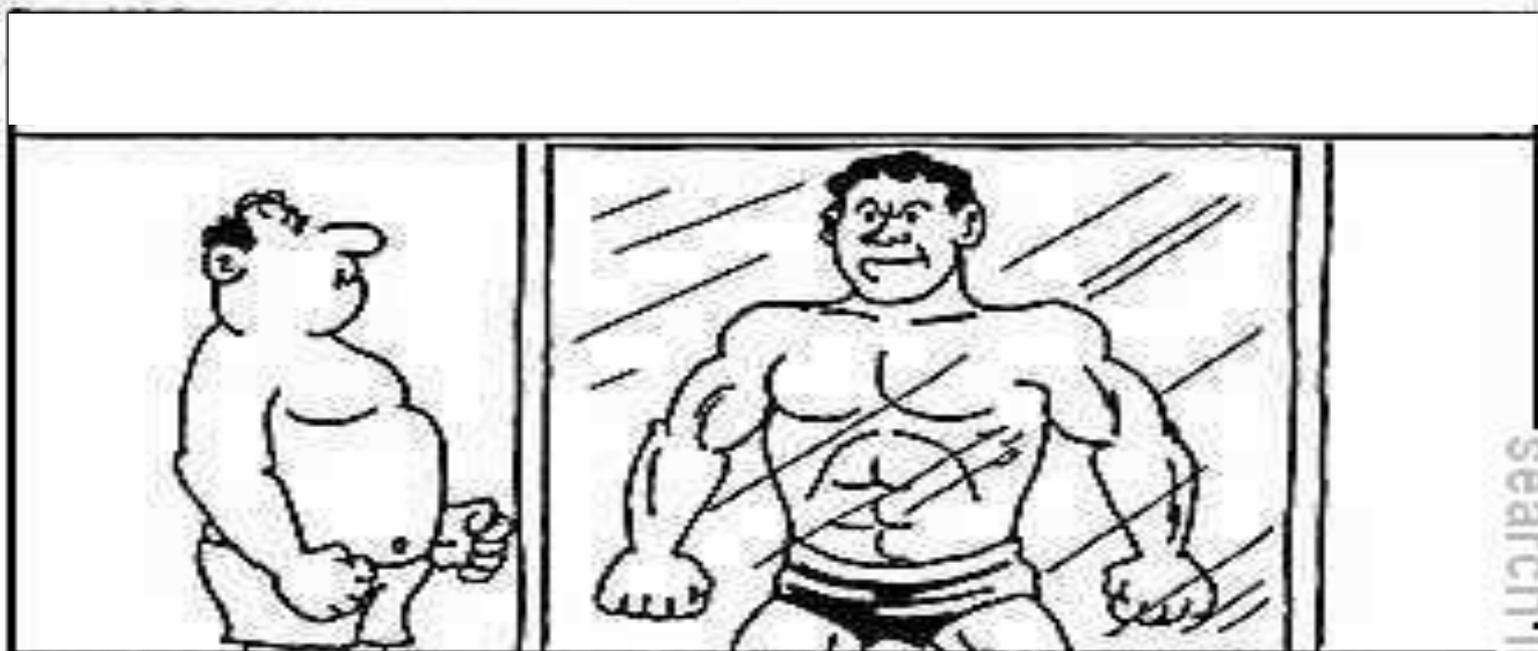
A disorder characterized by being excessively overweight. Obesity increases the risk for health issues like cardiovascular diseases, diabetes, hypertension, arthritis, and back problems.



<http://www.cvberdiet.com>

Less at Risk

More at Risk



search ID: ren0008

Rick Enright

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Tying it all together

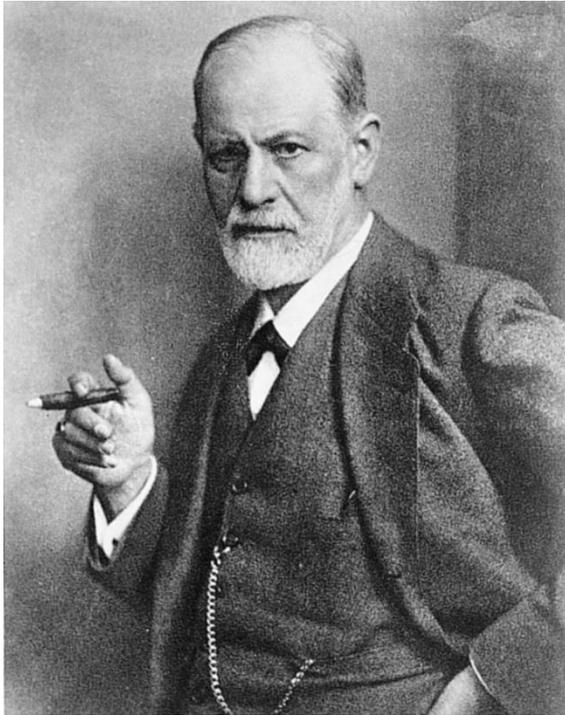
- Explain with details how our motivation to eat is a combination of both internal and external factors....

Achievement Motivation (Motivation at Work)

What motivates us to work?

(School, job, sports, video games, relationships etc..)

The healthy life, said Sigmund Freud, is filled
by love and work.



What is Industrial-Organizational (I/O psychology?)

- Textbook definition:
 - "Application of psychological principles and theories to the workplace"
- What I call it:
 - "Study of how people get along at work and are able to perform effectively"



Management Theory

Management/Teaching styles relate closely to Intrinsic/Extrinsic Motivators.

Theory X

- Assumes that workers are basically lazy, error-prone, and extrinsically motivated by money.
- Interested in Maslow's lower needs.
- Must never be trusted and always be watched.
- To work more, they must be given money.



Management Theory

Management/Teaching styles relate closely to Intrinsic/Extrinsic Motivators.

Theory Y



- Assumes that, given challenge and freedom, workers are motivated to achieve self-esteem and to demonstrate their competence and creativity.
- Interested in Maslow's higher needs.

Flow is the experience between no work and a lot of work. Flow marks immersion into one's work.

- The state of being completely involved in an activity for its own sake.



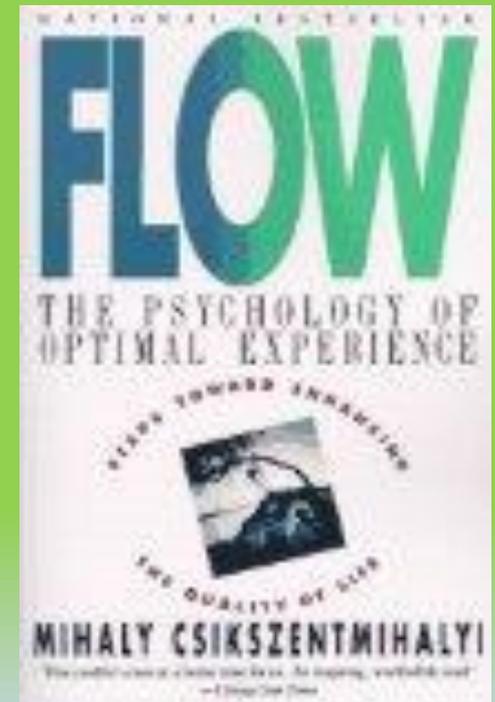
No Work
Apathetic
Underwhelmed

Flow

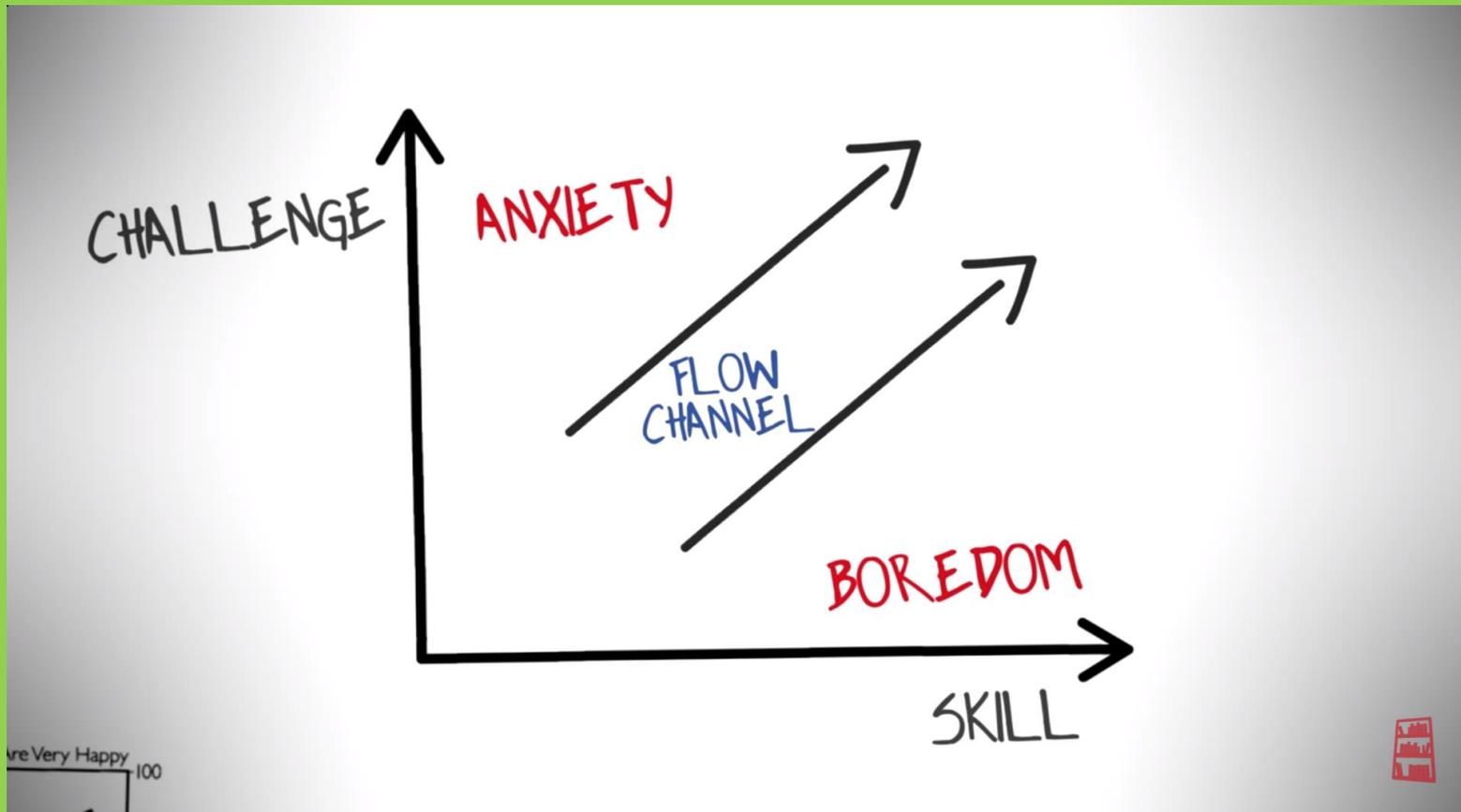
A lot of Work
Anxious
Overwhelmed

Flow Attributes:

- A Sense of Personal Control
- Concentrating & Focusing
- A Loss of Self-Consciousness
- Time seems to slow down
- Activity is Intrinsically Rewarding
- Action Awareness Merging
- Clear Goals



Csikzentmihalyi's diagram - how to reach "flow". "Look familiar"?????



Learning & Performance is greatly accelerated while experiencing "flow."

Kobe Bryant describes FLOW or "The Zone"





Stress

- In psychology, stress is not a situation, but a response.
- Psychologists talk about stress and stressors a little different than you or I might:
 - **Stress:** A physical and mental response to a challenging or threatening situation
 - **Stressor:** A stressful stimulus or situation demanding adaptation

Types of Stress

- Despite the bad name that stress has, it is actually a vital part of our lives, as long as it is controlled.
- There are two main types of stress:
 - **Acute Stress:** A temporary pattern of stressor-activated arousal with a distinct onset, and limited duration
 - » Short term stress
 - **Chronic Stress:** A continuous state of stressful arousal, persisting over time.
 - » Long term stress

Response to a Normal Stressor

- The physical response to a normal stressor is fairly universal as well and follows the same sequence:
 - An initiation of arousal
 - A protective behavioral reaction (fight or flight)
 - Internal response of the autonomic nervous system
 - A decrease in the effectiveness of the immune system

This is best explained by Hans Selye's GAS!!!!



Selye's General Adaptation Syndrome

- GAS-A pattern of general physical responses that take essentially the same form in responding to any serious chronic stressor.

