

Eating Disorders

Eating disorders, such as anorexia, bulimia and binge-eating disorder are very serious and can lead to life threatening conditions if gone untreated. Symptoms related to these eating disorders include:

- Extreme dieting
- Consistently skipping meals
- Prolonged use of laxatives or appetite suppressants
- Rapid weight loss
- Fear of weight gain
- Preoccupation with weight and body
- Vomiting after meals
- Excessive exercise
- Eating large quantities of food (often in private/and or in a short period of time)
- Calorie counting compulsive label reading
- Compulsive comparing what you eat to your peer's food intake
- Lying to cover up why you do not want to eat
- Hypervigilant with others eating habits
- Dreaming too much around food

Along with the above symptoms you may also experience depression, anxiety, low self-esteem, shame and guilt. You may also find that you turn to food when you are feeling stressed or sad. At times in our lives we can experience difficult emotions that we do not address. As a result, we may turn to controlling our food as a way to manage these feelings. If you find yourself struggling with two or more of the above symptoms it is recommended that you seek professional help.

The GCU Office of Student Care has counselors who provide individual and group counseling that will aid you in gaining support to combat your struggles. Please come by our office on the second floor of the Student Life Building 26 to make an appointment.

Additional resources:

www.nationaleatingdisorders.org