

## *Concerned about Someone? Here's What to look for:*

### Signs and Symptoms

Someone struggling with an eating disorder may or may not exhibit some or all of these symptoms. If you or someone you know exhibits some or all of these symptoms they should be assessed by a clinician or trained professional.

- Dramatic weight loss/gain in a relatively short period of time
- Belief that thinness will bring happiness
- Isolation; fear of eating with or around others
- Using exercise as an excuse to miss out on pleasurable activities
- Compulsive exercise; over-exercising; exercising when physically exhausted
- Not eating or eating when not physically hungry
- Food restriction and self starvation; lying about eating habits
- Binging (eating large quantities of food in one sitting) and/or purging (throwing up or over-exercising)
- Body hatred; constantly complaining about appearance
- Mood swings, depression, fatigue
- Low self-esteem, feeling worthless, often putting themselves down and/or complaining of being “too stupid” or “too fat”
- Obsession with calories, fat and/or weight; categorizing food as “good” or “bad”; feeling out of control around food
- Insomnia; poor sleeping habits
- Hair loss, dizziness, headaches; lack of concentration
- Loss of menstrual cycle
- Perfectionist personality; unrealistic or idealistic self-standards

## *Aspects of the College Environment that can Contribute to Disordered Eating & Eating Disorders*

- The difficulty adjusting to a transitional period
- Academic and financial stress
- Fear of the “Freshman 15”
- The atmosphere of a cafeteria/dining hall with unlimited amounts of food
- The semi-closed nature of colleges can intensify the pressure to be thin
- Participation in sports where weight and appearance are perceived to affect success

## *Finding Help on Campus*

There are many places to turn for help on your campus. If you or someone you know is struggling with an eating disorder, consider contacting any of the following:

Residence Hall Staff  
Health Services

Faculty Member  
Coach

Counseling Center  
Physician