



4 your beauty!

01



Love Your Self

Surround yourself with positive people who love you for who you are, remember you are valuable!

02



Adopt a healthy lifestyle



03



Visit to your people trust



Invite family or friends to consult a nutritionist or do psychotherapy.

04



Choose not to follow all beauty trends

Not following beauty trends, that make you insecure



Body Image Affects Eating Disorder in College Students



Speak, Release, Heal!

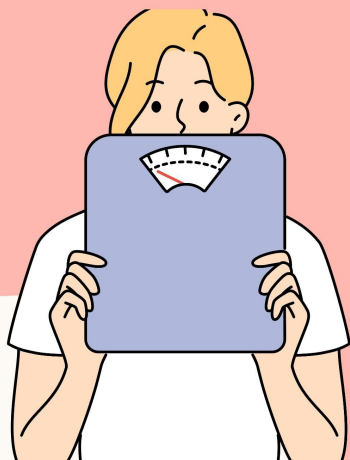
KESEHATAN MASYARAKAT
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UNIVERSITAS SRIWIJAYA

Why Body Image and Eating Disorder Are Relatable

Appearance is an individual's evaluation of the size of everything related to physical appearance



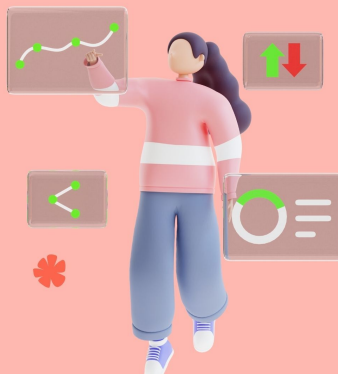
Eating disorder individuals tend to go on extreme diets or restrict whatever they eat in order to have the desired body shape



Research in 2020 and 2014 found that 67.8% of adolescent girls had an eating disorder, while 49.5% experienced moderate to severe levels of stress.

RISKESDAS, 2018

Nutritional Status Lacking



As a result of eating disorders

- 01 Stress
- 02 Nutritional status disorders
- 03 Lack of self-confidence
- 04 Disruption of the menstrual cycle
- 05 Overeating/Addiction to eating large amounts

