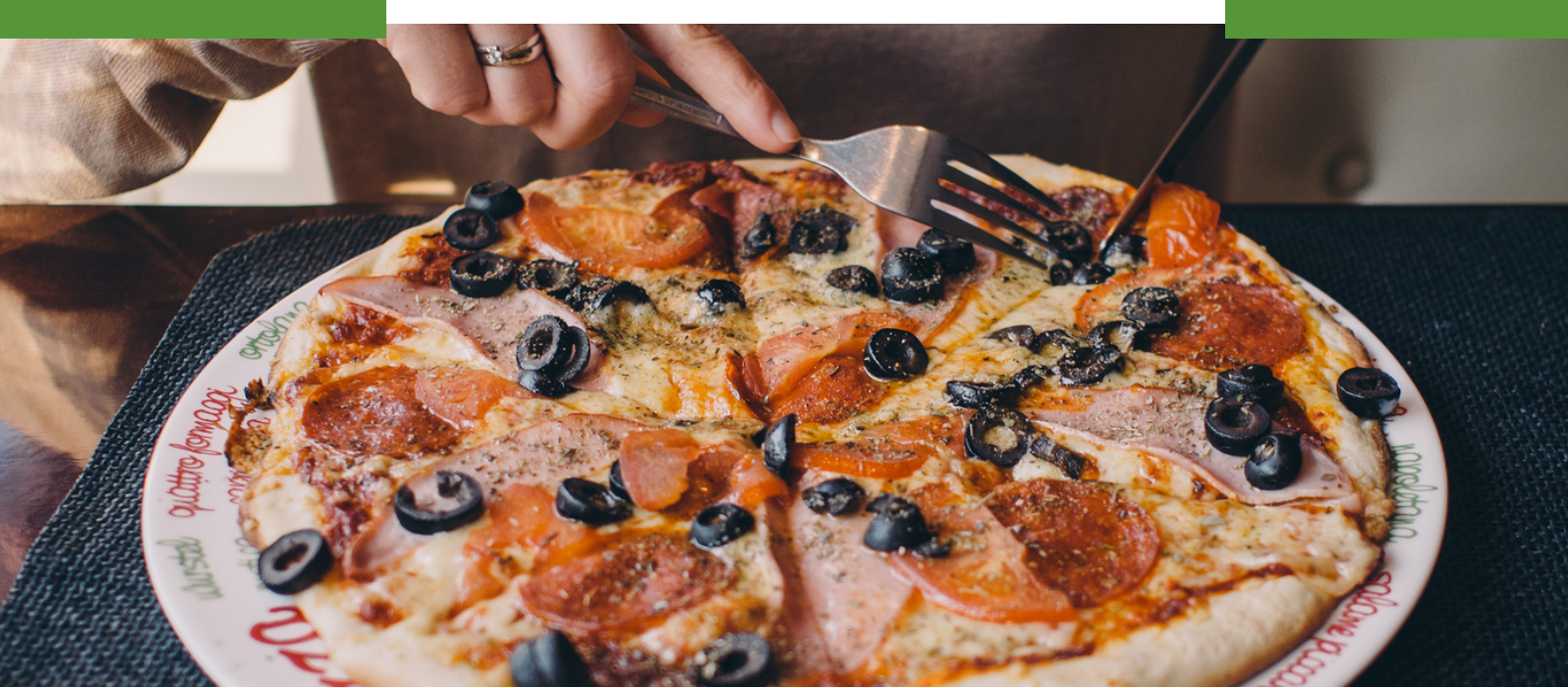


# STOP MENTAL ILLNESS FOUNDATION

## EATING DISORDER



### HIGHLIGHT

## EATING DISORDER

### »»» READ MORE

Eating disorders: serious mental conditions with harmful eating habits. Types: anorexia, bulimia, binge-eating. Causes: genetics, environment, psychology. Signs: weight changes, obsession, altered eating. Treatment: therapy, counseling, medication. Prevention: healthy body image, early intervention. Consequences: physical, mental, social impacts. Recovery possible with support.

### READ MORE «««

On Father's Day, Mrs Oluseyi Elizabeth Odudimu took a moment to honour, celebrate and appreciate the significant role fathers play in our lives. She recognizes that being a father is not an easy task, and acknowledges the love, dedication, and sacrifice that they put into their roles as fathers, husbands, partners, and friends.

## SUPPORTING MEN'S MENTAL HEALTH ON FATHER'S DAY

# EATING DISORDER (E.D)

## ➤➤➤ ANOREXIA NERVOSA

Anorexia nervosa is a severe eating disorder characterized by restricted food intake, weight loss, and a distorted body image. It can have serious physical, emotional, and social consequences if untreated. Symptoms include preoccupation with food and weight, restrictive eating patterns, and compensatory behaviors. Anorexia nervosa can lead to malnutrition, organ damage, and mental health issues. Causes involve genetics, environment, psychology, and societal pressures. Treatment involves therapy, medication, and nutritional counseling. Early professional help is vital. Recovery is possible with support and resources.

## WHAT IS EATING DISORDER?

**Eating disorders are complex mental health conditions that affect millions of people worldwide.**

**They are characterized by persistent disturbances in eating behaviours, as well as negative thoughts and emotions related to body image and weight.**

**Eating disorders can have serious physical, emotional, and social consequences, and can be life-threatening if left untreated.**

## ➤➤➤ BULIMIA NERVOSA

Bulimia nervosa is a serious eating disorder characterized by binge eating followed by purging behaviors. It affects both genders and has detrimental effects on physical and mental health. Causes include genetic, environmental, and psychological factors, with low self-esteem and body image issues playing a role. Bulimia nervosa can lead to electrolyte imbalances, heart problems, and dental issues. Treatment involves therapy, medication, and nutritional counseling. Recovery is possible with professional help and support. Early intervention is crucial for successful recovery.

## ➤➤➤ BINGE-EATING DISORDER (BED)

Binge-eating disorder (BED) is an eating disorder characterized by frequent episodes of uncontrollable overeating. People with BED consume large amounts of food, even when not hungry, and experience guilt or shame afterwards. It affects both genders and can have significant physical and mental health effects. Causes of BED include genetic, environmental, and psychological factors, with family history and psychological issues playing a role. BED can lead to obesity, high blood pressure, heart disease, and other health problems. Treatment involves therapy, medication, and nutritional counseling. Recovery is possible with professional help and support. Early intervention improves the chances of successful recovery.





## ➤➤➤ CAUSES OF EATING DISORDER

Eating disorders can be caused by a variety of factors, including genetics, environmental factors, and psychological factors. They often develop as a coping mechanism for underlying emotional distress, such as anxiety, depression, or trauma.

Social and cultural factors, such as pressure to conform to unrealistic beauty standards, can also contribute to the development of eating disorders.

## ➤➤➤ EARLY WARNING SIGNS OF E.D

1. Eating habit changes: Altered eating patterns, guilt/anxiety after eating.
2. Body image concerns: Preoccupation with weight, dissatisfaction with appearance.
3. Mood changes: Mood swings, anxiety, using food to cope.
4. Physical changes: Weight fluctuations, menstrual irregularities, digestive issues.
5. Social withdrawal: Avoiding food-related social situations, and feeling ashamed.

## TYPES OF EATING DISORDER

**Anorexia:** Severe food restriction, fear of weight gain, distorted body image.

**Bulimia:** Binge-eating, followed by purging behaviors.

**Binge-eating disorder:** Recurrent episodes of binge-eating without purging.

## ➤➤➤ ASSISTING PERSONS WITH E.D

To help someone with an eating disorder, express your concerns in a non-judgmental and supportive manner, encourage them to seek professional help, offer your support and assistance, be patient throughout their recovery process, educate yourself about eating disorders and available treatments, and avoid making comments about their weight or appearance.

## ➤➤➤ SELF-CARE TIPS FOR E.D

To support individuals with eating disorders, encourage the practice of mindfulness to increase awareness of thoughts and feelings related to food and the body. Establish a self-care routine that includes activities promoting relaxation and stress reduction. Foster connections with others through support systems to combat feelings of isolation. Spend time in nature to reduce stress and enhance well-being. Cultivate self-compassion and avoid self-criticism to develop a healthier relationship with the body and food. Engage in self-reflection through journaling or introspection to process emotions and thoughts related to food and the body.



## ➤➤➤ DO'S & DON'TS FOR FAMILIES

To support someone with an eating disorder, educate yourself about the condition to enhance your understanding and empathy, express your support and willingness to listen to their feelings and concerns, refrain from making comments about their appearance or weight due to their sensitivity, encourage them to seek professional help from therapists or medical professionals, avoid discussing food or eating habits to prevent triggering them, and be patient, offering continuous support throughout their recovery process.

## ➤➤➤ TREATMENT FOR E.D

The treatment for eating disorders typically includes therapy, medication, and nutritional counseling. Therapy helps address emotional issues and develop healthier coping strategies, while medication may be prescribed for co-occurring mental health conditions. Nutritional counseling assists in developing a healthy relationship with food and establishing balanced eating habits. Seeking help early increases the chances of recovery, so don't hesitate to reach out to healthcare or mental health professionals for support.

## EARLY SIGNS OF EATING DISORDER

1. **Obsessive focus on food, weight, and body image.**
2. **Changes in eating habits.**
3. **Distorted body image.**
4. **Significant weight changes.**
5. **Avoidance of social situations involving food.**
6. **Obsessive exercise.**

## ➤➤➤ EATING DISORDER VS OCD

Eating disorders and obsessive-compulsive disorder (OCD) are separate mental health conditions, although they share certain similarities in symptoms and features. Eating disorders involve a fixation on food, body image, and weight, leading to behaviors like restrictive eating and purging. OCD is characterized by intrusive thoughts and repetitive behaviors aimed at relieving anxiety caused by obsessions. While individuals with eating disorders may also experience OCD symptoms related to food or weight, the two conditions require specialized treatment from mental health professionals.

## ➤➤➤ THE CONSEQUENCES OF E.D

The consequences of eating disorders can be devastating. They can lead to malnutrition, dehydration, electrolyte imbalances, and other physical health problems. They can also have a negative impact on mental health, leading to depression, anxiety, and other psychological disorders. Eating disorders can also have social consequences, such as social isolation, relationship problems, and difficulties with work or school.





# PRIORITIZING MEN'S MENTAL HEALTH: A MESSAGE OF APPRECIATION AND SUPPORT ON FATHER'S DAY

On Father's Day, Mrs Oluseyi Elizabeth Odudimu took a moment to show appreciation, honor, and celebrate the important role fathers play in our lives. She acknowledged the challenges fathers face and recognized the love, dedication, and sacrifice they put into their roles as fathers, husbands, partners, and friends.

Mrs Oluseyi stressed the significance of mental health, which is often overlooked during events like Father's Day. She emphasized that mental health is an integral part of overall well-being and must be given the same attention and care as physical health.



According to Mrs Oluseyi, men may encounter specific challenges regarding their mental health due to societal expectations and stereotypes about masculinity and toughness. This can make it difficult for them to open up about their feelings and seek help. Nonetheless, she encouraged men to prioritize their mental health and reach out for assistance when needed.

Mrs Oluseyi assured men experiencing stress, anxiety, depression, or any other mental health issues that they are not alone. She highlighted the availability of resources such as therapy, support groups, and hotlines that can offer help and guidance.

Furthermore, Mrs Oluseyi reminded men that it is perfectly acceptable to ask for help. She emphasized that their loved ones value and depend on them, and they deserve to be healthy and happy. Therefore, she urged men not to hesitate in seeking support when needed.

Lastly, Mrs Oluseyi expressed her love and gratitude for all that men do and encouraged them to prioritize their mental health and well-being every day.

## SUPPORT US

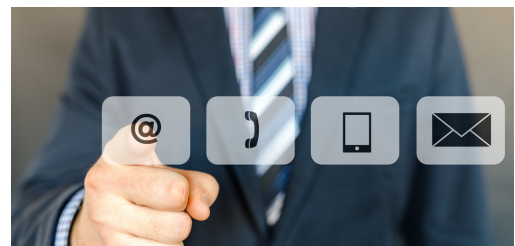
A drop of water, as commonly said, makes a mighty ocean. Donations from kind hearts like yours help us on our quest to eradicate mental illness stigma in Nigeria.






Cash and material donations are needed to help improve mental health care, raise awareness, and provide much-needed resources for families and individuals living with mental illness disorders.



**Account Details:**  
**Acc. No: 2042556558**  
**Acc Name: Stop mental illness foundation**  
**Bank: First Bank Plc**

## CONTACT US



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