Be-You{tiful}

Recognize the amazing beauty of simply being you. Healthy bodies come in all shapes and sizes. No one is perfect. Instead of striving to meet unrealistic standards, discover the joy of self-acceptance.

Did you know …

• People that consume more mainstream media place a greater importance on appearance than those who do not.
• Approximately 85 percent of women report being unhappy with their bodies.
• Ninety-one percent of women surveyed on a college campus had attempted to control their weight through dieting. Twenty-two percent reported that they dieted “often” or “always.”
• Nearly 20 million women and 10 million men in the U.S. will suffer from an eating disorder at some time in their lives.

Improve your body image and self-esteem

• Write down five things you like about yourself. Repeat these attributes out loud and often.
• Find an activity such as yoga that helps you connect with your body.
• Eat and exercise in ways that are healthy for your body and mind.
• Connect with a professional counselor or therapist. Students can set up an appointment with Student Counseling Services by calling (309) 438-3655 or going to 320 Student Services Building. Employee support is available through the Employee Assistance Program by calling (866) 659-3848.

Be the change

• Increase your awareness about damaging media and why it’s a problem.
• Do not buy products that are advertised in a harmful way.
• Sign a petition at www.about-face.org/take-action to stop offensive and unhealthy images in advertising.

Co-sponsored by Health Promotion and Wellness and Student Counseling Services

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