

PUT FOOD IN ITS PLACE

Rational Emotive Therapy (RET), a psychoanalytic method pioneered by Albert Ellis, may provide insights into personal behavior. RET places responsibility for a person's fate firmly on the individual's own shoulders. It indicates that one's irrational beliefs (B) cause traumatic activating experiences (A) to result in adverse emotional consequences (C) and actions.

An example might be that I see an advertisement with a certain body image presented (A). My irrational beliefs (B) may be that it is awful and catastrophic when things are not the way I'd like them to be and my unhappiness is externally caused. I become depressed or angry (C) that I don't fit the specific image and feed my emotions with a quick binge of junk food (C).

The way out is to dispute and attack the irrational beliefs (D). Then I can establish sensible beliefs and appropriate behaviors which have psychologically healthy effects (E). To continue the example, I could recognize I am not the person in the ad and question what is so important about any particular body image (D). The new behavior could be to appreciate the image in the ad. I can continue happily through life making choices which work for me, including putting food in its place (E).

Rob Willis
Stress Management Peer Health Advisor



DENTAL PROBLEMS ASSOCIATED WITH EATING DISORDERS

Some of the problems associated with eating disorders (bulimia in particular) include cavities, enamel erosion, periodontal disease, oral-pharyngeal inflammation, and salivary gland enlargement. If you have any more questions about the dental effects of compulsive eating behaviors, please call the Dental Clinic at the Student Health Center. The clinic is open Monday - Friday, 8-4:30pm. Their phone number is 686-4432.

SIGN UP!

FOR A BREAD BAKING WORKSHOP

Thursday, Feb. 12th at 4:30pm, you will have the opportunity to learn how to bake tasty and healthy breads with whole grain flour at the Student Health Center.

Ingunn Holden, Nutrition/Fitness Peer Health Advisor, will be leading a demonstration in baking yeast and quick breads. You will also learn about the benefits of whole grain flour compared to white flour and what yeast does to the nutritional value of baked goods.

Easy recipes will be provided for your recipe collection, and of course we will do sample tasting of the end products! Everyone is welcome, although group size is limited to 24, so sign up early.

Sign up in the Health Education Center at the Student Health Center (or call 686-4456).



WE'LL NOW

