



THE CENTER FOR COUNSELING AND MENTAL HEALTH WELLNESS

Services offered by the Center for Counseling and Mental Health Wellness are free for enrolled students of Tennessee Tech and are confidential. Our mission is to promote healthy student development during the college experience.



BODY IMAGE & UNHEALTHY EATING PATTERNS

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider. This is not intended for diagnostic purposes.

If you or someone you know has an eating disorder, contact the National Eating Disorders Association at 1-800-931-2237

Information retrieved from
www.nationaleatingdisorders.org

Contact Us:



Phone
931-372-3331
Eagle Eye Crisis Hotline
855-206-8997



Email
counsel@tntech.edu



Address
Roaden University Center Room
307



College life comes with pressure—from academics to social media to fitting in. These pressures can impact how you feel about your body.

Body image is how you see, think, and feel about your body—not how it actually looks.

Unique Pressures on Campus

- Unfamiliar food environments (the Caf, Swoops, etc.)
- Academic stress and time management
- Social pressures and comparisons (new friend groups)
- Adjusting to independence
- Identity formation

Why it matters?

Disordered eating isn't just about food—it can affect your mental health, academics, and social life. The earlier you reach out, the easier recovery becomes. You deserve to eat without guilt, move your body with care, and feel at peace in your skin.



Taking care of yourself

Be kind to yourself. Try to challenge negative self-talk and unrealistic body standards. Fuel your body. All foods can have a place in a balanced life. Unfollow harmful social media accounts. Curate a feed that uplifts you. Talk to someone. Reach out to a counselor, health services, or a trusted friend.

What are unhealthy eating patterns?

- Skipping meals
- Obsessing over calories
- Binge eating
- Rigid dieting
- Fear of certain foods

Many college students silently struggle with disordered eating, often thinking it's "normal" or "not serious enough."

Struggling with food or body image doesn't mean something is wrong with you—it means you're human. Reaching out is a sign of strength.