What’s in your Wallet Stomach?

By Caleb Barne, B.S.

The human body is a wonderful thing. It is capable of such fantastic feats as climbing the 45 ft. wall located at the Rec Center, retaining random information, regulating your temperature, converting nonsense into meaning, compensating for injury, and kicking your senses into over-drive; otherwise called the fight, flight, or freeze reaction. The potential talent, uses, and energy located in your body is almost endless or at least too numerous to detail here. However, have you ever considered that perhaps you are short-changing your body? Whether you are aware of it or not, it is possible that you are not getting as much out of your body as you are capable.

If you feel like the statement above applies to you, consider what you are putting in your stomach. Are you feeding yourself premium octane or the extra-diluted stuff? What is more, are you giving your body any fuel at all? Or do you find yourself eating too much, too often?

This year, February 22 to 28 is National Eating Disorders Awareness Week. This week is intended to bring into awareness eating habits, especially those that are extra-harmful to your body, psyche, and wellbeing. Certain eating habits are so disruptive and dangerous that they are considered eating disorders. According to the National Eating Disorders Association, approximately 30 million people qualify for an eating disorder at some point during their life in the United States. Two eating disorders worth mentioning are Anorexia and Bulimia.

- A person with Anorexia will literally starve and/or withhold, limit, and rigidly control what he or she eats or drinks. While skipping a meal, limiting your portions, or controlling what you eat might not sound that scary or dangerous, when these choices become obsessions, they can become life-threatening.

- A person battling Bulimia will typically eat very sizeable portions of food, often in a very short amount of time. However, once the person has finished the meal he or she will find ways to eliminate what was just consumed. Typical elimination strategies include vomiting or the use of laxatives or diuretics.

If you think you might have an eating disorder, you can take a confidential and anonymous screening online at: www.mentalhealth.org/screening/TEXASCOMMERCE. If the results indicate a need for help with an eating disorder, counseling is available at the Counseling Center, 204 Halladay Student Services, 903-886-5145.

If you simply feel like improving the relationship between your body and self-esteem, you are also welcome to see if counseling is a match for you.

On Wednesday, February 25th, the Counseling Center will host an in person screening event from 11-2 in the Atrium of the Student Center. You can enter into a raffle to win a prize basket once you fill out the screening form. You can also just take some time and write encouraging messages on a poster board for those struggling with their eating habits and their body image. Spread the word!