

- **Stress And Eating Disorders**

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Just as we're all beginning to settle down in the cycle of school, stress begins to kick in. Like how we are all individual people, the way we cope with stress is different. For some people, feeling stressed or overwhelmed can lead to disordered eating behaviors. And in turn, the compulsive behavior and constant harmful thoughts raise stress levels.

When we feel that our life is out-of-control, we try to find ways to deal with these negative feelings. For some, binge-eating or restricting calorie intake becomes a way to cope. Although some people may feel that these disorders can offer a sense of control or comfort, it actually causes physical and psychological stress. Worrying about food and weight can bring anxiety and feelings of low self-esteem, which results in elevated stress levels.

Eating disorders are usually associated with isolation and secrecy. Majority of the time, people who struggle with eating disorders try to maintain the image that everything's okay. The school community now-a-days has a stigma that people with any disorder are not naturally good enough for a competitive environment. Therefore, people don't tend to communicate or confide with others when they are struggling.

However, there are ways to de-stress and avoid suffering through eating disorders. Going for a walk, taking a couple minutes to stretch, listening to your favorite music, or just doing activities that help you feel more centered and body-positive are important to practice every day. But if you ever feel that you may be struggling, reach out to a teacher or trusted adult who can help. Suffering from an eating disorder because you feel that there is no one there for you should never be an option.