



Name: _____

HOW EATING DISORDERS AFFECT ONE'S MENTAL HEALTH

Write the letter of the correct match next to each definition.

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| 1. | _____ Binge Eating | a. A group of mental health conditions characterized by unhealthy eating habits and a preoccupation with body weight and shape. |
| | _____ Body | b. : A practice emphasizing present-moment awareness and non-judgmental |
| 2. | _____ Positivity | acceptance. |
| | _____ Comorbidity | c. The impact of mass media, including magazines, television, and social media, on shaping societal ideals of beauty. |
| 3. | _____ Eating | d. Consuming large amounts of food in a short period, often accompanied by a |
| 4. | _____ Disorders | lack of control, leading to distress and guilt. |
| | _____ Malnutrition | e. One's overall subjective evaluation of their own worth, encompassing thoughts, feelings, and beliefs about oneself. |
| 5. | _____ Media | f. A personality trait characterized by a strong desire for flawlessness and setting |
| 6. | _____ Influence | excessively high standards. |
| | _____ Mindfulness | g. The presence of two or more coexisting medical conditions or disorders in an individual. |
| 7. | _____ Perfectionism | h. A condition resulting from an inadequate or unbalanced diet, which can lead to physical and mental health issues. |
| 8. | _____ Purging | i. A movement promoting acceptance and appreciation of all body types, challenging societal beauty standards. |
| 9. | _____ Self-Esteem | j. Engaging in behaviours such as vomiting or excessive exercise to compensate for overeating. |
| 10. | _____ Self-Esteem | |