



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