Body dissatisfaction is a significant issue on campus. Having a negative body image can carry serious health risks, like eating disorders, abusing alcohol or other drugs, engaging in high-risk sexual behaviors and depression and/or anxiety. Up to 90 percent of college students have reported that they worry about their body image.

I like being me.
From the tip of my nose to the end of my tail – it’s all good. So it makes me sad to know that some people don’t feel good about themselves.

Jake says: “I know people. And I think you’re awesome!”

Work on a positive body image:

- Appreciate your body and celebrate all the things it does for you.
- Keep a “Top 10” list of things you like about yourself – things that aren’t related to your weight or appearance.
- Remind yourself that real beauty is not simply “skin deep.” Beauty is a state of mind.
- Look at yourself as a whole person – not specific body parts.
- Surround yourself with positive people who are supportive.
- Fight negative thoughts with positive ones.
- Wear clothes that are comfortable and make you feel good about your body. Work with your body, not against it.
- Be a media critic. Take note of images, slogans or attitudes that make you feel bad about yourself. “Talk back” to the message or contact the source with your opinions.
- Give your body a gift to let you know that you appreciate it. Take a long shower or bath, or take a nap or a walk in the park.
- Convert the time you might have spent worrying about weight to an activity that helps others.

You can visit www.nationaleatingdisorders.org for more information about body image issues. Wag your tail and be proud of who you are. I’m a “good dog,” and you are a “good human.”

Paws Up!

Jake,
Dogs on Campus therapy dog