

# BARC ALERT (BE AWARE, RESPOND, COMMUNICATE)

*Jake says: "I know people. And I think you're awesome!"*

## 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.

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.

## 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](http://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

