



How's your relationship with food & your body?

How you feel about your body and appearance – and your relationship to food and eating – can be very complex. These relationships can be shaped by your own physical and mental health as well as societal, cultural, economic, and environmental factors.

For some, having a “healthy” or “positive” food and body relationship may feel challenging, or even unattainable. If this describes you, consider what changes or support would help you best take care of yourself.

Questions to ask yourself:

- How much of my day is spent thinking about food? Does it feel like “too much”?
- Do I (mostly) enjoy my food choices?
- Can I be flexible around eating? What happens if I don't eat in the way I prefer to?
- Would I eat this way if I wasn't trying to change my body weight/shape/size?
- How is my quality of life / social experience impacted by my choices?

A healthy relationship with food and your body may sound like:

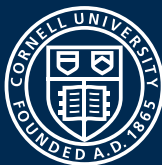
- “Food is an important part of my life but does not take up too much brain space.”
- “I feel good about my body and what it can do.”
- “I enjoy eating.”
- “I trust my body to find the weight it needs to be.”
- “My eating pattern is generally balanced and flexible.”
- “Healthy bodies come in all shapes and sizes.”

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A healthy relationship with food is when your eating behaviors can be adaptable – when you eat in response to hunger, your schedule, your access to food, your finances, your feelings, and/or your unique nutritional needs. Food and eating may take up some of your time and attention, but it is only one important area of your life.

When to get support:

Whenever your feelings and behaviors related to body image and eating begin to get in the way of your **ability to participate in and enjoy life**, it can be beneficial to get support.

Taking the first step to get support may feel challenging, and may even feel like a privilege – but you deserve to feel better, and Cornell has resources to help.

Resources for support:

If you're interested in exploring your relationship with food further or have concerns about your relationship with food, please reach out to one of the resources below.

Cornell Health Nutrition

Nutrition counseling and support for achieving your nutritional goals:
health.cornell.edu/nutrition



Cornell Health Collaborative Health & Eating Program (CHEP)

Support for disordered eating and related concerns.:
health.cornell.edu/CHEP



Body Positive Cornell

Groups and courses for exploring body image and acceptance:
health.cornell.edu/bodypositive



CAPS counseling

Individual or group support for students struggling with or recovering from disordered eating:
health.cornell.edu/groups

