



NEWSLETTER



Mental Health Matters

Eating Disorders

Eating disorders are serious mental health conditions characterized by unhealthy eating behaviors and distorted body image.

A common misconception is that individuals with eating disorders have a particular body habitus (e.g., individuals with anorexia nervosa are thin). However, eating disorders can affect anyone regardless of body size, race/ethnicity, gender, age, or socioeconomic status. Many factors contribute to the development of an eating disorder, such as genes, hormones, comorbid mental disorders (such as depression or anxiety disorders), social attitudes that promote very thin body types, and diet culture. The three most common types are Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder. These disorders can have life-threatening consequences, but with early intervention, therapy, and support, recovery is possible.



Anorexia nervosa involves extreme food restriction, intense fear of weight gain, and a distorted perception of body size. People with anorexia often become dangerously underweight and may suffer from severe physical complications, including organ failure.



Bulimia nervosa is marked by cycles of binge eating followed by purging through vomiting, excessive exercise, or laxative use. Despite potential weight fluctuations, individuals with bulimia often maintain a normal weight, making the disorder harder to detect.



Binge eating disorder (BED) involves recurrent episodes of consuming large amounts of food without purging, often leading to obesity and related health problems.



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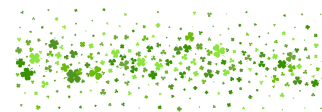
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TRP & LIP

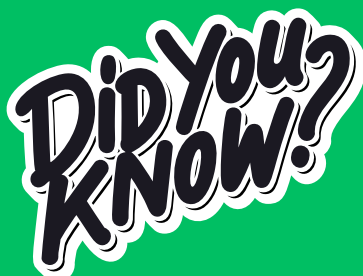


Self-care is essential for overall well-being and includes five key types: physical (exercise, nutrition, sleep), emotional (journaling, therapy, self-compassion), mental (reading, learning, mindfulness), social (healthy relationships, boundaries, support networks), and spiritual (meditation, nature, personal beliefs). Balancing these improves health and happiness.



- Find Support for a Friend or Loved One
- Kind, Compassionate, and Judgement Free
- Call, Text, or Chat
- Available 24/7/365
- Free and Confidential

988 | SUICIDE & CRISIS LIFELINE



- March is WOMEN'S HISTORY MONTH
- March 9TH DAYLIGHT SAVING TIME STARTS
- March 17th is ST. PATRICK'S DAY
- March 20th is FIRST DAY OF SPRING
- March 26th is Lunch & Learn from 1-2pm @TRP
Call 941-766-0171 to RSVP
- March 30th is WORLD BIPOLAR DAY

Fun Fact: Women's History Month, celebrated every March, honors the contributions and achievements of women throughout history. It began as a weeklong celebration in 1980 before expanding to a month in 1987. The month highlights trailblazers in politics, science, arts, and activism, from suffragists like Susan B. Anthony to pioneers like Marie Curie and Malala Yousafzai. It also recognizes the ongoing fight for gender equality and women's rights worldwide. Schools, organizations, and communities commemorate the month through events, discussions, and initiatives that amplify women's voices and achievements, inspiring future generations to continue breaking barriers and shaping history.

Empowered Women Empower Women



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