

Bulimia, anorexia can cause stress over the holidays

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stress inherent in the structure of the school year. There is a separation from home and all that is familiar, anxiety resulting from having to make new friends and learn one's way around campus, plus classwork and studies which pile pressure on top of stress. All the while, women are being vigilant about presenting to the world an immaculate, thin appearance. Many students resort to disordered eating in efforts to gain some peace and release.

"That student returns home, perhaps still preoccupied with problems of school, to find a different set of pressures and expectations awaiting. To further complicate matters, holidays are traditionally times of feasting. For someone who is already terrified of

weight gain, who is craving rich food after a period of dieting, the prospect of spending time around large amounts of easily available food is frightening indeed."

Students with food obsessions can use the holiday break from school to begin to get better, though recovery is rarely quick or easy. Dr. Rubel recommends that students be aware of the pressures awaiting them at home and make detailed plans for how to cope with them. They should set reasonable goals for themselves, such as planning non-food related activities, perhaps by setting a limit for weight gain, or avoiding specific incidents that may trigger binges. She adds, "If you do slip back into a food behavior, remind

yourself it does not mean your plan is not effective. It merely shows you a place to make some revisions so you can more easily achieve your goals. (ANRED), Box 5102, Eugene OR 97405. Include a self-addressed, stamped envelope.)

Most who are cured find that the commitment to getting better is made easier with the important first step of confiding in someone who can help. Vacation time may provide perfect setting for getting support from friends or family members, who are often understanding and compassionate, despite the sufferer's fears of rejection. However, even with the help of loved ones, overcoming bulimia or anorexia nervosa may require professional therapy and medical treatment. Without proper at-

tention, the behavior does not suddenly end and can continue for a lifetime.

Lindsey Hall's bulimia developed into a daily habit during her college years, and now she regularly speaks to students who are struggling with food. She emphasizes her success at overcoming bulimia rather than dwelling on her suffering, "I am now able to enjoy growing, touching, tasting, smelling, and eating food without the temptation to binge." Ms. Hall asserts, "The best Christmas present that people without eating disorders can give themselves is to make a devoted effort to end their food obsessions."

For more information, contact: Leigh Cohn, Publisher; Gurez Books; P.O. Box 20066U; Santa Barbara, CA 93120.

Happy Thanksgiving

What: College Republicans Meeting

Date: November 28th

Place: 104 Joyner Reception Room

Time: 7:30 p.m.

The speaker will be Palmer Sugg, president of the N.C. College Republicans.

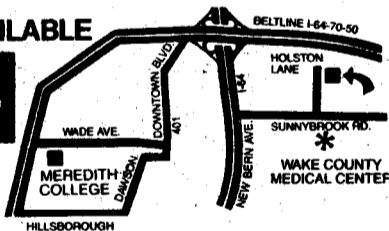
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Tuesday, Nov. 27, 7:00-10:00

....w Santa Shattuck, 1st Vann

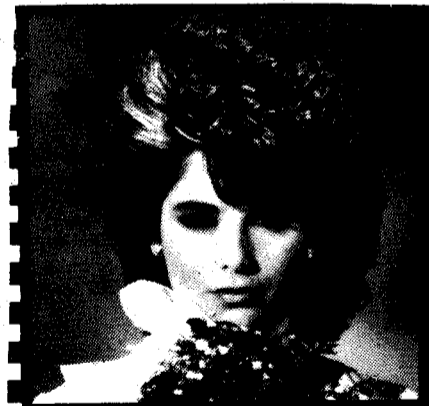
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