



The choice is in your hands.

Bring awareness to your choices.

Self Sabotage

- Binge eating
- Forced vomiting
- Lying to yourself
- Comparing yourself to others
- Self-hate
- Living in fear
- Ignoring your inner wisdom
- Over-exercising
- Restricting food

Self Care

- Getting enough rest
- Eating healthy foods
- Appreciating yourself
- Being forgiving
- Noticing what you do well
- Honoring your word
- Being flexible and compassionate
- Getting help to make self care choices

Help is available:

Counseling Services : 645-2720
Health Services : 829-3316
Wellness Education Services : 645-2837
<http://wellness.buffalo.edu>