

Name _____

Navigating the Maze: Understanding Stress and Peer Pressure in Relation to Eating Disorders

Open-Ended Response Questions

1. Explain the concept of peer pressure and how it can impact individuals in terms of body image and eating habits, especially during adolescence and young adulthood.
2. Discuss the importance of early intervention in the prevention and treatment of eating disorders related to stress and peer pressure. What are the potential consequences of delaying intervention?
3. Share your thoughts on the role of education and awareness in reducing the impact of stress and peer pressure on the development of eating disorders. How can raising awareness benefit individuals and communities?
4. Describe some strategies that individuals can use to cope with stress in healthy ways without resorting to disordered eating behaviors.

