

Name _____

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

Short Answer Key

1. Emotional coping can lead to unhealthy eating behaviors, such as emotional eating or binge-eating, as individuals seek comfort or distraction from stress through food.
2. Promoting positive body image can help individuals develop a healthier relationship with their bodies, reducing the pressure to conform to unrealistic beauty standards and dieting trends.
3. Signs may include overeating during stressful times, seeking comfort in food, or using food as a way to distract from emotional challenges.
4. Creating such environments helps protect individuals' mental and emotional well-being, reduces the negative impact of peer pressure, and fosters a more supportive and accepting atmosphere.
5. Friends and family can offer emotional support, encourage open communication, and promote self-acceptance. They can also help individuals navigate societal pressures and seek professional help if needed.

