



Research Paper

Ways to Stop Worrying About Food and Weight Loss

¹Aqsa Fayaz, ²Asma Saghir khan, ³Nazish Zulfiqar

¹BS Food and Nutrition Scholar, Department of Home Economics Mirpur University of Science and Technology MUST

²Lecturer for Food and Nutrition, Department of Home Economics Mirpur University of Science and Technology MUST

³Lecturer for Food and Nutrition, Department of Home Economics Mirpur University of Science and Technology MUST

ABSTRACT

There are far more major matters to be concerned about than weight gain, but that doesn't make your sentiments and concerns any less real. It's fine to be concerned about both small and large issues. In this article, we will put some light on the dissatisfied adults who seek to change their physique. This might be due to their poor mental health or peer pressure from the society and therefore even if they are healthy and normal, they compare themselves with BMI. Some individuals also fear from the body shaming and start dieting that is sometimes not healthier and beneficial for them. We recommend individual that they should accept their body as it is and eat healthy and exercise regularly but don't rush into extreme weight losing and weight gaining.

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WAYS TO STOP WORRYING ABOUT FOOD AND WEIGHT LOSS

Most of us, at some point in our lives, are dissatisfied with how we looked and seek to change it. Being smaller, shorter, or less developed than our peers or brothers and sisters might make us nervous and insecure. Being mocked about size and weight is also a possibility. Many of us have a vision of how we want to look and feel.

Fashion and trends have a big influence on our thinking about looks good. You may find yourself comparing yourself to photographs in magazines. The models shown in TV's, programs and magazines are frequently unhealthy thin. Even though your weight is normal for your age and height, you may fear that you are obese or underweight.

Concern over being overweight and underweight has previously been linked to poor mental health in people, even more so than the excess weight itself (Atlantis, 2008). Overestimation of body size is linked to poor mental health, which can lead to underweight problem, which can risk teenagers' physical well-being even more (Dulloo, 2015). Because of this link, the authors recommend that physicians, community nurses, and other health providers examine children and adolescents about their attitudes toward their own bodies during routine follow-up examinations.

BMI-Just a Number

Although there is much more to your health than a number on a scale or a BMI, people can compare their weight (or BMI) to what they think to be the most common (thus normal) by observing their friends (Carey, 2014). Obesity rates and mean population BMI have risen significantly in recent decades, affecting both adults and adolescents (Greydanus, 2018). This is in contrast to the current societal preference for ultra-thin bodies, which many teenagers find impossible (Fardouly, 2015). When compared to previous situations, the perceived disparity between BMI in obese people and cultural or medical body ideals has increased in today's western nations. The perceived difference between BMI in overweight/obese persons and the average norm has decreased, owing to an increase in mean population BMI. Cognitive dissonance theory states that having contradicting parts of knowledge generates psychological discomfort (Draycott, 1998).

Body Shaming

Everyone has their own interpretation of what it means to have a normal appearance or a beautiful and acceptable appearance. But that doesn't give someone the right to make a snide remark about another person's appearance in a way that could make them feel bad about themselves or create humiliation. Body shaming occurs when someone's physical appearance is ridiculed, whether purposefully or unintentionally. Body shaming is a type of bullying that involves the use of words. There are actors, victims, and onlookers in body shaming scenarios. A bystander might act as an amplifier for the performers, allowing them to continue body shaming. When bystanders remain silent and do not help the victim of body shaming, this is known as the bystander effect. On university campuses, body shaming is a widespread occurrence (Maulani, 2022).

The majority of the kids believed that if body shaming is not addressed properly, it can lead to victims committing suicide. It's easy to picture what a victim of body shaming would do if they had been labeled something terrible by someone else. Aside from being depressed and disappointed, the victims may believe that it is no longer worth living because of their physical appearance, which they believed was not acceptable to those around them. It is not difficult for suicidal thoughts to cross the victims' minds if they do not have someone or any platform to express their displeasure and despair (Mustafa, 2022).

Dieting Consequences

Dieting's detrimental physiological and psychological repercussions may outweigh its aesthetic and health benefits, according to some experts (Himmelstein, 2019). Negative effects have been linked to dieting and improper weight-control strategies. The majority of studies have looked at how common these behaviours are in adolescence and young adulthood (Haynos, 2018). Furthermore, the findings of Robertson (2019) show that dieting has a negative impact on both individual and interpersonal well-being.

Ways to stop worry

Our bodies require a balanced diet that includes all of the nutrients required for normal development - proteins, carbs, fats, minerals, and vitamins. Cutting off fatty foods, such as carbohydrates and fats, can prevent your body from developing normally.

There are a few easy guidelines that can assist you in maintaining a healthy weight. They appear to be simple, yet they may be more challenging to put into practice. You may enlist the help of your family and friends to help you follow these guidelines – and it might even make them healthier!

- Eat three meals per day: breakfast, lunch, and dinner. Every meal should include carbohydrate meals like bread, potatoes, rice, or pasta.
- Make an effort to eat at the same times every day. Long periods of time between meals can make you feel so hungry that you eat considerably more than you need.
- Get enough sleep
- Stay away from sugary, high-fat, and junk foods. It may not feel like you're eating much when you have a lunch of crisps, chocolate, and a soft drink, but it adds up. You'll feel satisfied after eating a sandwich with fruit and milk or juice, but you'll be less likely to gain weight — and it'll be better for your skin.
- Exercise on a regular basis. Cycling, walking, and swimming are all excellent methods to keep in shape without going overboard.
- Try not to focus too much on other people who skip meals or complain about their weight.

Body Acceptance

Body acceptance entails having a neutral attitude toward your body and accepting it for what it is. It allows us to consider questions such as, "How can I take care of and respect the body I have now?" and adopt a self-care perspective rather than a self-hatred mindset.

Body acceptance involves avoiding the scale, because BMI charts are inaccurate indications of health. When a person focuses on his or her well-being rather than shrinking, he or she is empowered to be free of cultural expectations of beauty, food obsessions, and self-restriction out of guilt or fear.

Body acceptance is adopting healthy lifestyle choices rather than attempting to adhere to a rigid set of eating and exercise guidelines until you achieve your desired weight. You pay attention to your body's hunger and fullness cues rather than focusing on what you can and can't eat. Rather than limiting yourself to a few things, you sample a wide range of foods to see which ones satisfy you the most. You allow yourself a break day on days when your body is achy or you haven't received enough sleep, rather of waking up at 6 a.m. to work out every day until you lose weight.

Achieving Body Acceptance

Body acceptance does not happen overnight, according to Alissa Rumsey (MS, RD, nutrition therapist and president of Alissa Rumsey Nutrition & Wellness) but you probably knew that anyways. When embarking on this adventure, Rumsey suggests asking oneself the following question:

Are you happier now than you were when you were smaller or at a previous goal weight?

Getting to a goal weight is generally accompanied by increased anxiety and obsessive food or exercise behaviors. Happiness will never be measured by a number, but rather by a sense of happiness and a greater understanding of your worth (Lauren Wicks 2022). According to body positive advocates, women can combat fat-phobic discourse by practicing "self-love" and "empowerment" (Wann, 1998; Crabbe et al, 2017).

As a result, body positivity enables you to accept yourself regardless of what people think of your appearance. It's not just about your physical appearance; it's also about your thoughts, emotions, and total self-perception.

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