

## Top tips for self care when coping with an Eating Disorder

### 1. Talk to people you trust

While people around you may find eating problems difficult to understand, they will usually want to help you however they can. You may find it useful, when you feel able, to discuss with them things that they can do to help, and things that they should try to avoid doing.

### 2. Peer support

If you experience eating problems, you may feel extremely ashamed. You may feel no one really understands what you're going through. You may also be very used to hiding your behaviour, and this can be very isolating. There are great benefits from talking to others with the same problem.

### 3. Practice mindfulness or relaxation techniques

Mindfulness is a therapeutic technique that involves paying attention to the present moment in a deliberate way. This can mean taking the time to notice the things around you, your feelings and how your body feels. When you slow down and observe, you can catch sight of things, and you can become better at understanding your own reactions and moods.

You may also want to try relaxation techniques like meditation or yoga. These can help you feel more at peace with your thoughts, and help you think about your body in a different way.

### 4. Learn to be kind to yourself

Eating problems can be a really big part of your life, and changing how you feel and behave can take time. You may need to make slow changes.

Your first changes may not even be about eating - you might want to do things that help you feel good about your body, like having a massage, or boost your confidence, like asking friends to write down their favourite things about you.

Sometimes you may feel that you have taken steps backwards, or relapsed, and this can be discouraging. It's important to accept this as part of the process, and it's worth finding a way to focus on what you have achieved.

### 5. Take practical steps to change unhealthy routines

Your routines around eating and food can be hard to break, especially if you're experiencing eating problems. You might find that putting some small, practical solutions in place can help you avoid eating patterns that you find problematic. This might mean buying smaller amounts of food if you're overeating, or making sure you do something fun after meals if you're worried about purging.

If you are focusing on your weight, calories or food-related goals, you might find it helpful to think of positive goals that aren't about eating.