

SHARING CONCERNS ABOUT YOUR EATING BEHAVIORS



ESTABLISH A SAFE ENVIRONMENT

- Choose someone you trust and feel comfortable confiding in. While family and friends can offer valuable support, it's important to consider speaking with a professional if you're worried about your eating behaviors.
- Whether you decide to speak with a loved one, a professional, or both, set aside a specific time to discuss your concerns.
- It's normal to feel a mix of emotions—such as fear, shame, anger, embarrassment, or nervousness—before and during the discussion. Remember, sharing what you are going through, is a courageous and positive step toward taking care of yourself.

EXPLAIN THE SITUATION

- Explain the thoughts, feelings, and behaviors you've been experiencing.
- Keep in mind, the person you're confiding in may not fully understand your experience or why these behaviors have developed.
- Approach the conversation with patience and calmness. They may not immediately know how best to respond or support you, but with your guidance, (and if possible the assistance from professionals), they can learn how to help.

EDUCATE WITH THE FACTS

- Provide the person you confide in with information about the prevalence of eating disorders and guidance on how to best support someone dealing with food, weight or body image issues.
- Share facts about the physical and emotional impact of eating disorders, as well as the recovery process.
- Clearly communicate how they can support you, what you need from them, and keep them informed as your needs change throughout your recovery process.

Connecting with those who care about you and want to see you get better can be an important first step toward recovery and receiving the help you need.

Scan QR Code for our Resource Center:



ADMINISTRATIVE OFFICE

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