

The Role of Continuing Care in Successful Management of Eating Disorders

**Eating Disorders
Continuing Care Group**

WELCOME



Welcome to the CRC Continuing Care Group.

We want to thank you for joining us today and for taking time for your recovery.

Your health and well-being are important to us.

Basic Facts About Eating Disorders

❧ Eating disorders are extreme expressions of a range of weight and food issues experienced by both men and women. They include anorexia nervosa, bulimia nervosa, and compulsive overeating. All are serious emotional problems that can have life-threatening consequences.

❧ Anorexia Nervosa

❧ Bulimia Nervosa

❧ Bing-Eating Disorder or compulsive Eating

❧ “Other Eating Disorders”

Recovery Requires Action

❧ **A good sign that you are making progress in your recovery from an eating disorder is the ability to decrease those negative behaviors and thoughts that kept us tied into our eating disorder.**

❧ **Recovery is a process...**

The more coping skills and tools we can develop and implement in our life, the better our chances of Success!



Be Your Own Best Friend

- ☞ **It is common for Anorexics and Bulimics to be perfectionists. When they cannot achieve perfection in their endeavors they unrealistically blame and find a need to "punish" themselves by restriction or starvation, or bingeing and purging.**
- ☞ **Compulsive Overeaters tend to be perceived as unmotivated and lazy when in essence they are often depressed and isolated. In their need for affection they often fill the void with food.**

Be your own best friend
and get more out of Life!



Spoil Yourself Without Feeling Guilty

☞ Some ways in which you spoil yourself and why it helps you:

- Listen to soothing music.
- Get a Massage.
- Take Yoga Class.
- Spend time gardening.
- Get a manicure, pedicure, facial, haircut, etc.
- Get a Teddy bear and hug it.
- Develop a network of friends.
- Take a bubble bath in candlelight.



Manage Relationships That Cause Your Harm

☞ **Identify any relationships in your life that may affect your eating disorder in a negative way and begin to find effective ways to manage them.**



Daily Inventory

☞ **Taking a daily inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth**

☞ **Your Progress:**

- Stress
- Low self esteem
- Bad relationships
- Outside pressures (media, friends)
- Emotional issues
- Perfectionism
- Rebellion
- Boredom
- Fear
- Abuse

What progress have I made?

Eliminate the Negative



Accentuate the Positive

Reaching Out

- ☞ **Reaching out is the first tool that requires us to show up and interact with other human beings**
- ☞ **No one can benefit from isolation**
- ☞ **We all need the support of others walking the same path**



Building A Support System

☞ Continuing Care:

Psychiatrist

Individual Therapist

Family Therapist

Nutritionist

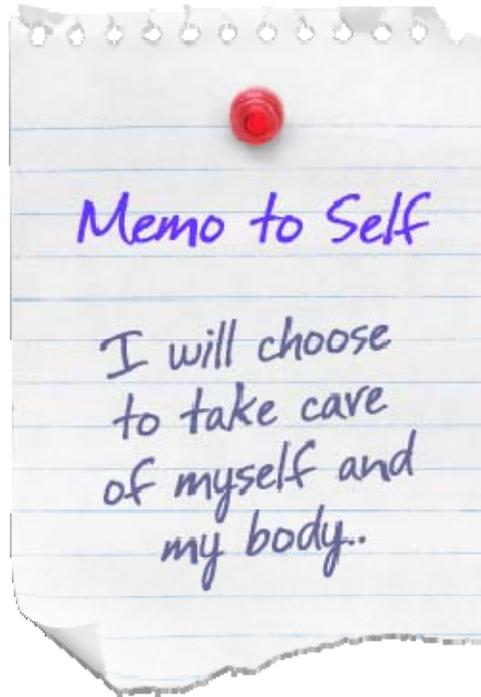
Support Groups

Twelve Step Programs

Supportive Friends & Family

Self Help Meditation Books

Just for Today...



Memo to Self

I will choose
to take care
of myself and
my body.