The Role of Continuing Care in Successful Management of Eating Disorders

Eating Disorders
Continuing Care Group
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”
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 binging 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!
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.
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 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
Memo to Self

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