



Coping with Eating Disorders

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# Sharing concern about your eating behaviour

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Information resource by Freed

Have you ever wondered about the impact of your attitudes towards food, weight, and body size, and how they might be affecting important areas of your life?

Eating behaviors play a crucial role in our overall well-being, both physically and mentally. If you find yourself facing challenges or concerns related to your eating habits, it's essential to acknowledge them and seek support. This brochure aims to guide you on how to share your concerns and why reaching out for help is vital.

## **The Importance of Asking for Help and Sharing Concerns**

Disordered eating occurs when one's attitudes about food, weight, and body size lead to harmful behaviors affecting mental and physical health. These behaviors can conflict with personal values, causing guilt and shame. When disordered eating affects life, happiness, and concentration, it's time to seek support.

Talk to family, friends, or professionals to prevent these behaviors from escalating into life-threatening eating disorders. If you recognize disordered eating in yourself, you've already taken a significant step. Share your concerns with a trusted friend, family member, or professional trained in treating eating disorders. Early intervention is key.

## **Tips for Starting an Initial Conversation:-**

### **Establish a Safe Environment**

- Choose someone you trust and feel comfortable talking to about your concerns. Ensure the person you're talking to is approachable and non-judgmental.
- Schedule a specific time to discuss your situation with your chosen support person.
- Find a private and comfortable space for an open and honest conversation.
- Let them know that you intend to share your feelings and seek support.
- It's okay not to know exactly what support you need initially. Professionals and loved ones can guide and support you in the process.
- Asking for help requires courage, and experiencing feelings of fear, shame, guilt, anger, embarrassment, or nervousness are common before and during the conversation.
- Remind yourself that you are not alone in facing these challenges.
- Acknowledge and be proud of taking this important first step!!

## Explain the Situation

- Clearly articulate what you've been experiencing with your eating behavior. Provide a comprehensive account of thoughts, emotions, and behaviors related to your eating habits. Start from the beginning, detailing the initiation and progression of these behaviors.
- Share specific instances or patterns that have raised concerns for you. Discuss the specific eating behaviors (e.g., restricting, binge eating, purging, over-exercising) you have developed. Explore why you believe these behaviors have persisted over time.
- Be honest and open about your emotions and thoughts.



Remember, sharing concerns about your eating behavior is a courageous step towards positive change. Seek the support you need, and prioritize your well-being. You are not alone, and seeking help is a brave and crucial step towards recovery.

*This brochure is intended for informational purposes only and is not a substitute for professional advice. Consult with a healthcare provider or mental health professional for personalized guidance.*

