

Eating Disorder Support Services

Aiding Recovery

Recovery is a personal journey of ups and downs towards understanding, self-acceptance and a more balanced future. Throughout the process of recovery, there are key things that may have helped an individual improve thoughts, feelings and behaviours. Despite the fact that every person is completely different, what has helped one person may help another. Therefore, this hand out asks you to consider and reflect upon the things that may have helped you to feel better.

The below list provides examples of things that have helped the Rebalance self-support group attendees in the past – these are being shared in hope that they might inspire and motivate others. Please feel free to highlight suggestions that might aid your recovery.

- Seeking professional help e.g. counselling and self-support groups;
- Talking to people – admitting there was a problem;
- Following a food programme that involved eating 3 meals and 2/3 snacks a day;
- Changing my belief system about food – focussing on positive nutrition and whole foods rather than fat and calories;
- Positive exercise – yoga, Pilates, walking, horse riding, martial arts;
- Working on developing communication with my partner;
- A desire for children in the future;
- A fear of death made me stop and rethink;
- Eating enough allowed me to see a ray of hope...a future;
- Recognising my vulnerability to relapse ensured I continued to work on my issues & take care of myself;
- Not being afraid to ask for help...again!;
- Spending time outside in the fresh air and nature;
- Walking my dog every day;
- Going on holiday – travelling;
- Anti-depressants helped to stabilise my hormones;
- Going to university – change of scenery, away from my family, allowed me to leave old habits behind and develop my own identity;
- Making a new set of friends that did not centre around food and eating disorders;
- Changing my job – job satisfaction made me feel more worthwhile and positive;
- Cognitive Behavioural Therapy;
- The responsibilities of parenthood motivated me to continue self-development and prioritise my life and issues;
- Learning to accept positive praise and compliments helped to build my self-confidence;
- Realising the fundamental reason for my needing to feel so in control;
- Forgiving myself;
- Accepting that the problems in my childhood were not my fault & I should not punish myself any longer;
- Self-help books helped me to understand my eating disorder and challenged my beliefs;
- Taking some time for myself, just to relax, calmed my mind enough to feel stronger and able to fight my eating disorder;
- Mindfulness and mindful eating helped me slow down rather than rush everything;

