



Counter Eating Disorder

"If possible, we should try to avoid commenting on our bodies".

It's good to believe things like our bodies change over time, we all have unique and distinct bodies, but try not to focus on the way your body looks.

' Dr. Goldman '

Sometimes eating disorders develop because of an obsession with physical appearance. Food becomes the focal point because some believe they can achieve what they want by controlling what they consume in some way.

Let's talk about the possible techniques for dealing with eating disorders:

Treatment of eating disorders involves treatment by a team that usually includes primary care providers, mental health providers, and dietitians, they all have experience in treating eating disorders.

Treatment for eating disorders depends on your disorder and your symptoms. This usually includes a combination of psychotherapy, nutritional education, medical supervision, and rarely medication.

Healthy Eating Style Regardless of your weight, your team members can work with you to create a plan to help you practice healthy eating habits.

Psychotherapy from a psychologist or doctor, helps you learn how to replace unhealthy habits with healthy ones, including:

- **Family-based therapy (FBT):** The family is involved in making sure that the child or other family member is eating healthy and at a healthy weight.
- **Cognitive Behavioural Therapy (CBT):** CBT is commonly used in the treatment of eating disorders, particularly for bulimia and binge eating disorder. You are taught how to monitor and improve your eating habits and mood, develop problem-solving skills, and explore healthy ways to handle stressful situations.
- **Medications:** Medications can't cure eating disorders. Some medications can help you control binge eating, excessive use of laxatives, and manage preoccupation with excessive dieting. Medications such as antidepressants may help relieve symptoms of depression or anxiety, which are often associated with eating disorders.



If you suffer from an eating disorder:

- 1 Start by visiting a specialized psychiatrist. Open up to your psychiatrist.
Always seek your health.
- 2 Form a healthy relationship with food: Although the food itself is not the problem, developing a healthy relationship with it is essential to deal with it. Most people with eating disorders have portion control issues, thus focusing on finding balance is the primary goal.
- 3 Build a healthy relationship with yourself, and share your thought with your psychiatrist.
- 4 Even if it is difficult, talk to your close ones about the problem and how you feel.
- 5 Make sure you have support, stay surrounded by supportive and caring people.
Do not isolate yourself.
- 6 Stick to the treatment plan. Do not ignore any of the treatment instructions.
- 7 Stop comparing yourself to others, immediately.
- 8 Treasure yourself instead of treating your body like an enemy. See it as something precious, get a massage, take a relaxing shower, and do other things that relaxed you.



If you believe that someone dear to you suffers from eating disorders symptoms:

If you notice warning signs of an eating disorder in a friend or family member, it's important to speak up.

You may fear that you are wrong, you will say something wrong, or you may push him away. However, it is important not to let these fears stop you from expressing your concerns.

People with eating disorders are often afraid to ask for help. Some struggle as much as you do to find a way to start a conversation about their problem, while others have such low self-esteem that they simply don't feel they deserve any help.

Whatever the case; eating disorders will get worse without treatment, and the physical and psychological damage can be severe. The sooner you start helping, the better their chance of recovery.

While you can't force someone with an eating disorder to get better, having supportive relationships is essential to their recovery. Your love and your encouragement can make a big difference.

How to talk to someone about an eating disorder:

The decision to make a change is rarely an easy one for someone with an eating disorder. If an eating disorder has left them malnourished, it can distort the way they think about their bodies, the world around them, and even your motivations for trying to help. Giving them dire warnings about the health consequences of their eating disorder or trying to force them to eat normally probably won't work.

Eating disorders often play an important role in a person's life and since you may be met with defence or denial, you will need to tread carefully when broaching the topic.

Pick a good time. Choose a time when you can speak to the person in private without distractions or constraints. You don't want to have to stop in the middle of the conversation because of other obligations! It's also important to have the conversation at a time of emotional calm. Don't try to have this conversation right after a blow up.

Explain why you're concerned. Be careful to avoid lecturing or criticizing, as this will only make your loved one defensive. Instead, refer to specific situations and behaviors you've noticed, and why they worry you. Your goal at this point is not to offer solutions, but to express your concerns about the person's health, how much you love them, and your desire to help.



Be prepared for denial and resistance. There's a good chance your loved one may deny having an eating disorder or become angry and defensive. If this happens, try to remain calm, focused, and respectful. Remember that this conversation likely feels very threatening to someone with an eating disorder. Don't take it personally.

Ask if the person has reasons for wanting to change. Even if your loved one lacks the desire to change for themselves, they may want to change for other reasons: to please someone they love, to return to school or work, for example. All that really matters is that they are willing to seek help.

Be patient and supportive. Don't give up if the person shuts you down at first. It may take some time before they're willing to open up and admit to having a problem. The important thing is opening up the lines of communication. If they are willing to talk, listen without judgment, no matter how out of touch they may sound. Make it clear that you care, that you believe in them, and that you'll be there in whatever way they need, whenever they're ready.

What not to do

Avoiding warnings, you can't force someone into therapy unless you're dealing with a child. The decision to change must come from them. Warnings of "you shouldn't..." only increase the pressure and encourage secrecy and denial.

Avoid commenting on appearance or weight People with eating disorders are already overly focused on their bodies, even assertions that they are not obese play a role in their preoccupation with thinness. Instead, direct the conversation to their feelings. Why are they afraid of obesity? What do they think they will achieve by being thin?

Avoid shame and blame Avoid accusatory "you" statements like "You just need to eat!" or "You hurt yourself for no reason." Use "I" statements instead. For example: "I find it hard to watch you get lost." or "I'm scared when I hear you vomit."

Avoid giving simple solutions for example "all you have to do is accept yourself". Eating disorders are complex problems. If it were that easy, why would your loved one suffer?



Remember these tips:

- 1 Convincing an anorexic that they are overweight is wrong and supporting their attempt to lose weight is illogical.
- 2 Developing contact with the person who suffers from anorexia and encouraging him to gain weight in exchange for a certain reward that he is promised.
- 3 If you think they may have symptoms of bulimia disorder, have an open and honest discussion with them about your concerns. You can't force someone to seek professional care, but you can offer them encouragement and support. You can also seek out a qualified doctor or psychologist and make an appointment. And offer to go with him to a doctor.
- 4 Learn about the developments of the disorder (**read first, then observe the sufferer**), so monitor the developments, inform the psychologist, and communicate with him constantly. - **we recommend the application of LabeH, nearby, and the nearest psychiatric clinic available to you.**
- 5 Include them in your activities even when they don't want to.
- 6 Do not criticize or blame and avoid judging them.