

# \*RECOVERY\*

It's about growing up, not "glowing up." This is our journey to food freedom.

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## TREATMENT OPTIONS:



*Photo: eatingdisordertherapy.com*

Though it often may seem hopelessly difficult, all eating disorders can be fought and overcome. Recovery from an eating disorder is one of the most important priorities in the lives of those battling EDs. Treatment does not simply consist of learning how to "eat normally" again, but also it entails overcoming the psychological, cultural, social, and internal factors that have long prevented people from being healthy and enjoying true food freedom. There are countless different approaches when seeking recovery from eating disorders, so just as how everyone's disordered eating is unique to themselves, effective treatment options are also unique to each person. Thus, it is very important to consider several different approaches before finding the option (or combination of options) that is best fitting and most comfortable for YOU.

### ***INPATIENT:***

Inpatient care is typically provided in a hospital and is for patients who are in dangerous medical and psychological conditions (suicidal thoughts, dangerously low weight, unstable vitals, etc.). Medical staff are always present to aid patients, mealtimes/nutrition are directed by the treatment center, psychologists and dietitians are present to work with patients, and patients stay in inpatient care until they stabilize. This treatment option can seem overwhelming, considering that it requires extended stay in a hospital away from family/friends, but in extreme situations, 24/7 inpatient care is life-saving and the best, most worthwhile decision.

### ***RESIDENTIAL:***

Residential programs are designed for patients that still seek 24-hour support but do not require inpatient care. Patients temporarily stay in a residence (often a home) amongst a community of other patients. Patients participate in scheduled meetings (with one another, with dietitians, with doctors, etc.), therapy (group or individual), group meals, and group outings (such as to a restaurant to battle a fear food) to help them gradually develop recovery skills and to prevent relapse. Besides patients living in the residencies, staff members are also always present to help support and supervise.

### ***WORKING WITH A DIETITIAN:***

Dietitians are crucial and very beneficial resources during recovery. When eating patterns are disordered and damaging to health, it is important to receive authorized medical guidance in order to guarantee sufficient nutrition. Dietitians will collaborate with you to create personalized meal plans that best suit your needs and beyond that, dietitians will be support systems who encourage you to face and overcome food fears and invasive thoughts. Most dietitians keep in touch with their patients on a daily basis and are available to call when patients experience food-related anxieties (such as food-related guilt, feeling scared to eat, etc.).

### ***PYSCHOTHERAPY:***

Disordered eating often stems from deep, severe psychological disorders that involve self-esteem, body image, self-worth, body dysmorphia, social/cultural pressures, and much more. Therefore, receiving therapy from professionals (therapists, psychologists, etc.) is a very worthwhile long-term method to recover from disordered eating and learn to find genuine joy in eating and living freely.

### ***USING SOCIAL MEDIA:***

Though social media can be toxic and promote dangerous diets/unrealistic bodies, there are also many beneficial resources and influencers on social media. These said influencers/resources will encourage you to feel confident in your body/fuel your body, will attack fear foods/food guilt with you, and will debunk unrealistic diets/bodies that are often perpetuated in our society. Check out VOL.I to find some great influencers to follow!

### ***SUPPORT FROM FAMIY/FRIENDS:***

Recovering from an eating disorder is a very difficult journey to get through, but it can be made more enjoyable and less daunting when you have a support system from your loved ones. Something as seemingly simple as going out to a restaurant with friends and enjoying a meal guilt-free can be a huge step in your journey to recovery. Do not feel as though this a battle you need to face alone.

### ***NEDA:***

NEDA is the National Eating Disorders Association. It is the "largest nonprofit organization dedicated to supporting [those] affected by eating disorders. NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care." On their website, they offer many educational resources, directories and references for treatment/recovery options (including free/low-cost ones), and their own blog. They also host awareness walks (one is coming up in Long Island this spring!), offer volunteer opportunity, and organize a National Eating Disorders Awareness Week (which will take place during the week of February 21 - 27, 2022 this year). It is an entire week devoted towards fighting stigma surrounding eating disorders, promoting recovery, connecting people, and educating the public on the impact of eating disorders.

Anyone can contact the NEDA Helpline for support, resources, and treatment. They offer live online chatting, phone calls, text messaging, and even a crisis text line for anyone in need of immediate aid, guidance, or just something as simple as someone to talk and vent to.

Learn more through NEDA's WEBSITE: <https://www.nationaleatingdisorders.org/>



National Eating Disorders Association

-  NATIONAL HELPLINE | (800) 931-2237
-  ONLINE CHAT | [WWW.MYNEDA.ORG](http://WWW.MYNEDA.ORG)
-  CRISIS TEXT | **NEDA TO 741741**