

BEAT THE ED

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



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WARNING SIGNS:

It's beyond difficult to admit that you have disordered eating. We like to deny our own problems, and the easiest way to do that is to convince ourselves we're fine -- that the problems don't even exist. But eating disorders leave us irrational, and the hard truth is that there is no genuine hope for recovery until you finally understand and admit that you need change. Make sure to watch out for warning signs of an eating disorder -- not only for yourself, but also for those around you:

- dramatic weight loss/weight gain
- hair loss
- irregular/missing menstrual cycle
- low energy
- constantly feeling cold
- forcing yourself to excessively exercise
- extreme feelings of guilt related to the foods you eat
- preoccupation with body image
- obsessing over nutrition facts
- self-induced food restrictions/food fears
- sleep problems
- developing food rituals (e.g., eating foods in certain orders, excessive chewing, not eating past a certain time, etc.)
- concerned with eating in public or lacking social spontaneity

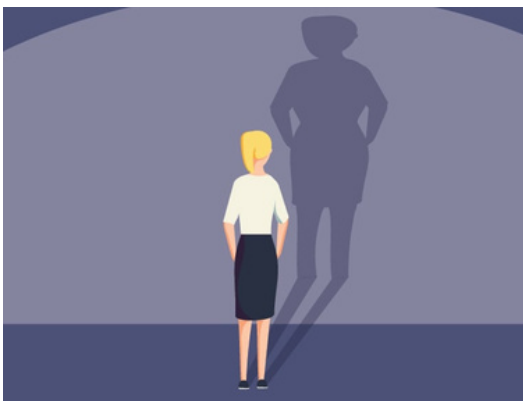


Photo: Michigan Health

SOURCES: <https://www.nationaleatingdisorders.org/learn/by-eating-disorder/anorexia/warning-signs-symptoms>
<https://www.meadowsranch.com/about-us/eating-disorder-warning-signs/>

TIPS FOR RECOVERY:

Recovery is hard but beyond worth it. It is worth all the lows and all the tears and all the anxiety. Always remember that you are stronger than your ED.

- The number one priority for anyone battling eating disorder recovery is seeking **PROFESSIONAL HELP**. Your body and health are not light, simple matters; you may think you can handle it on your own, but professional help is life-changing, whether it be through a dietician, a psychologist, a therapist, or an eating-disorder treatment facility. Don't feel like this a battle you must fight alone; there is absolutely nothing wrong with admitting you need help.
- Don't isolate yourself. Open up to those around you. Your parents, your friends, or even positive social media communities are there to listen to you, uplift you, and encourage you.
- Unfollow toxic social media accounts or social media accounts that fill you with negative feelings. You'll instantly feel liberated the second you block out accounts that make you feel self-consciousness or that perpetuate unrealistic bodies and extreme diets. Instead, follow uplifting, body-positive influencers that encourage you to fuel your body properly and to love yourself. Every single body is different; don't compare yours to others and do **NOT** idealize other people's bodies.
- Allow all foods and incorporate variety. Fear foods can be one of the most terrifying things to face, but the feeling of crushing a fear food is beyond worth it. Erase food rules from your mind and just enjoy; you'll be able to find so much more joy in other aspects or life when you stop consuming your mind with what foods you "can" or "cannot" eat.
- Focus on your mental health. Eating disorders can crush your mental health. Replace intrusive and negative thoughts and outlooks on yourself with positive affirmations, self-care, and celebrating even small successes.
- Spend time on other things you enjoy doing. Eating disorders consume your mind and suck out energy. Find things you like to do that don't involve food or weight, such as hobbies, hanging out with friends/family, watching something or listening to music/podcasts, volunteering, reading, meditating, etc.

SOURCE: <https://health.usnews.com/conditions/eating-disorder/articles/tips-for-eating-disorder-recovery>



Photo: Health Psychology Consultancy

Photo: Brittani Lancaster

INFLUENCERS TO FOLLOW:

Filling your Instagram, Youtube, and Tik Tok feeds with influencers and content that make you feel confident and safe is crucial. Here are some favorites to follow:

LINDA SUN

-YT: Linda Sun

-Instagram: @lindasunyt



Photo: Linda Sun

HANNAH JARRAH

-Instagram: @wholesomee.han

-Tik Tok: @han.jarr

LEXI HIDALGO:

-Tik Tok: @lexxhidalgo

NATALIA SELIGER

-Tik Tok: @nataliaaseliger

BRITTANI LANCASTER

-Tik Tok: @brittanilancaster

VICTORIA GARRICK

-Instagram: @victoriagarrick

-Tik Tok: @victoriagarrick4

RYAN SHELDON

-Instagram: @realryansheldon

THE NATIONAL EATING DISORDERS ASSOCIATION (NEDA)

-Instagram: @neda



Photo: NEDA