

Awareness & Prevention

- Early intervention is key! We know that the earlier the disordered eating patterns are interrupted and the underlying issues are addressed, the less likely it is that a full-blown eating disorder will develop.
- Promote development of a multi-faceted identity, recognizing and celebrating the whole person (not only focusing on appearance & achievement).
- Model a healthy relationship with food and your own body.
- Discuss society's "thinness myth" and the impact of social media.
- As a parent, encourage frequent dialogue and open communication in a safe, non-judgmental way.

How to Help? (in a non-emergency)

- Become educated about disordered eating, body image struggles, and eating disorders.
- Consider your own relationship to food, weight & body image.
- Set aside a private time to talk, without pressure or distractions.
- Use “I” statements. (“I notice you don’t go out with your friends as much recently.”)
- Reduce shame by normalizing mental health struggles.
- Don’t take resistance or negative responses personally.
- Encourage them to seek professional help. Offer to accompany them if they’d like.
- Be patient. Be loving.

Online Resources

National Eating Disorders Association (NEDA): nationaleatingdisorders.org

National Association of Anorexia Nervosa and Associated Disorders (ANAD): anad.org

Academy for Eating Disorders: aedweb.org

The Eating Disorder Referral and Information Center: edreferral.com

BodyPositive.com

Gurze.com

somethingfishy.org

benourished.org

*Helpful books & publications are too vast to list, but please reach out to me for book recommendations if you'd like! erin@erinearlepsychotherapy.com