

FOR MORE INFO CHECK OUT:

#copingtogether

Eating Disorders in Lockdown

How to help yourself:

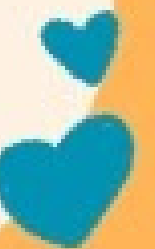


TAKE A STEP BACK FROM SOCIAL MEDIA

AVOID CONSUMING TRIGGERING MEDIA OR THAT PERPETUATES DIET CULTURE



REMEMBER YOURSELF THAT FOOD IS FUEL FOR YOUR BODY, AND YOU'RE DESERVING OF IT



Help & Resources



REMEMBER YOURSELF OF THE THINGS THAT ARE MORE IMPORTANT ABOUT YOU OTHER THAN YOUR WEIGHT- YOUR PERSONALITY, YOUR LOVE FOR OTHERS, YOUR PASSIONS, YOUR HOBBIES ETC



DISTRACT YOURSELF WHEN YOUR MIND IS OVERWHELMED



BEAT - WWW.BEATEATINGDISORDERS.ORG
MIND - WWW.MIND.ORG
NCFED - EATING-DISORDERS.ORG.UK
ABC - ANOREXIABULIMIACARE.ORG.UK

REACH OUT TO SOMEONE YOU TRUST AND BE OPEN ABOUT YOUR STRUGGLE, CONTACT A GP OR A DOCTOR WHO CAN REFER YOU TO A THERAPIST OR MENTAL HEALTH WORKER, AND REMEMBER THAT YOU DO NOT NEED TO BE UNDERWEIGHT TO GET HELP- YOU ARE SICK ENOUGH, AND DESERVE HELP.

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