

10 Things You Should Know About Eating Disorder Recovery

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“Feel the Fear and Do It Anyway”

As with so many challenges in life, ED recovery requires pushing through scary things and finding out that nothing bad happens. Whether this involves eating a feared food, speaking up in an uncomfortable situation, or exploring emotions with vulnerability, avoidance based in fear only makes that dragon bigger and harder to slay. Learning skills, finding motivation, and managing fear are the foundations of recovery. This is the basis of Exposure Therapy, an evidence-based approach to treating anxiety with a proven track record of success.



“Recovery Might As Well Taste Good”

On the surface, eating disorders seem to be all about food- what, when, and how much to eat in order to be healthy. Certainly, a balanced approach to eating is important- getting proper nutrients, challenging food myths, meal planning, and managing anxiety at meals. There is another layer, though, which cannot be ignored. Food is more than nutrients... it is fun, connection, shared experience, creativity, and delicious. It is easy to get wrapped up in the nutrition content of foods to the exclusion of the joyful sight, texture, smell, and taste of food and pleasure of enjoying food with others. Incorporating these aspects promotes lasting and meaningful recovery.



“Recovery is a Team Sport”

Getting beyond the grip of an eating disorder requires support and connection with others. Eating disorders thrive in secrecy, isolation, and disconnection as distorted thoughts, unchecked emotions, and unhealthy behaviors are free to run wild. Surrounding oneself with others who can support, validate, encourage and understand allows shame and internal criticism to dissolve. In the privacy of one’s own mind, eating disorder thoughts and negative self-appraisal can fester and grow. Recovering in the company of supportive others helps one reconnect with the sharing of a pleasant meal, talking through meaningful issues and emotions, and getting outside of the rumination and fears of the eating disorder trap.



Visit our website to learn more about our programs at www.narinsedc.com or call us at (716) 688-5372.

“Joie de Vivre”

Find what brings joy, happiness, gratitude, and a sense of purpose to your life, then do it. If you do not do things that remind you how joyful life can be, happiness will be hard to find. Add the people, experiences, activities, and pursuits that bring pleasure, and repeat often.



“People Remember How You Make Them Feel”

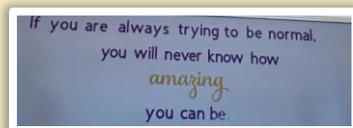


In our image/ health/ media conscious world, it is easy to get lost in style-over-substance when it comes to self-image. Positive body image is great, but a strong self-image is even more powerful when it comes to

appreciating yourself as a person. Paying attention to what makes you special and unique such as creativity, kindness, humor, and a strong value system are what support meaningful relationships, not outer appearances.

“You Don’t Have to Be Perfect to Be Amazing”

Perfectionism loves to cheer on an eating disorder. While it’s great to try to do your best, a perfectionistic mindset sets the bar unrealistically high and does not allow assessment of an experience outside of the end result. Defining self-worth through outcome alone (such as getting 100%, winning first place, or being the thinnest in the room) leads to high anxiety and feelings of failure. Shifting perspective from perfection to excellence, focusing on the process, and learning from experience allows performance to disconnect from self-worth.



Narins Eating Disorder Center is here to help. If you are interested in learning more about our programs, please visit our website at www.narinsedc.com or call us at (716) 688-5372. We look forward to helping you start your recovery journey.

“Never Give Up”

Recovery is hard. It’s possibly the hardest thing you will do in your life. And it is so worth it. Through successes and struggles, you may understandably want to quit. Keep going, figure it out, ask for help, scream and cry, pause, but don’t quit. Replace judgment and self-criticism with curiosity and a determination to grow in resilience. Never, ever give up because **you matter**.

Do the next right thing

“Life Begins at the End of Your Comfort Zone”

Eating Disorders tend to make life small. Often, the stringent rules and routines of the disorder do not allow for spontaneity, adventure, challenges, or the chance to make mistakes. Find the courage to try something new, make changes you have always wanted, challenge ideas that you “can’t do something”, change course to allow yourself to follow your dreams. Through the process of confronting expectations of how life “should” be, you just may find your deeper reasons for recovery.



“Unapologetically You”

To fully embrace recovery, one must build a healthy relationship with oneself. Without this essential foundation, satisfying relationships with others are hard to come by. Too often, comparisons with others, both in real life and in media, lead to persistent negative self-appraisal. Looking for one’s own flaws is easy, and expecting oneself to be a carbon copy of anyone will disappoint. Go the extra mile... learn to notice and appreciate the qualities that make you uniquely you. **You are exactly as you are supposed to be**, and comparisons with others will always leave you feeling “less than”.

