



Coping with Eating Disorders

Addressing the Need (Patients)

Dear patients,

It is a difficult time. It is OK to recognize that you are not doing as great as you would have hoped, so make space for that. Your recovery trajectory may look a little different, but that's to be expected.

1. Reach out

- Make contact with your service providers if they are unaware of your heightened distress or decline during this period. Your service providers are probably also scrambling administratively, so many things can go amiss – don't let that deter you from being proactive in seeking help.
- Make contact with loved ones and close friends, because you know that the eating disorder thrives on isolation.
- Arrange for a meal over online video platforms with someone you trust – it's nothing like sitting down for an actual face-to-face meal, but it's a start.
- Tell the people you are living with if something is triggering or exacerbating the eating disorder – if there is too much food lying around, tell someone to keep it away.
- Text or email a trusted person about your concerns over food/portions/weight/exercise – during this time of isolation, your own barometer is likely tainted by the eating disorder.

2. Restrict your social media (not your intake).

- There are so many distressing things on the internet surrounding the virus outbreak. Please only rely on limited sources of (accurate) information, enough to keep you up-to-date and safe. Not every article or piece of “breaking news” is accurate or helpful during this time.



- Unfollow posts/people that are triggering during this time.
- If you see insensitive jokes/memes, remind yourself that they are not about you, and that you should not personalize them.

3. Recovery is *always* important.

- While your struggles may feel very little amidst the big bad Covid-19, they are still valid. Your struggle with your eating disorder is your reality, and you should not have to apologize for feeling or thinking the way you do.
 - While many things have come to a halt, your recovery journey should never have to. It may not mean that your process of getting well or the timeline you had projected for recovery will look the same, but it should still continue at a pace you feel comfortable at.
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