

EATING CONCERNS & BODY IMAGE



Helpful Tips

- **Attempt to be kind to yourself.** Allow yourself some grace, notice your feelings, and try to stay connected to others.
- **Don't forget to drink water!** Do your best to stay hydrated. Listen to your body as best you can. Are you hungry? Thirsty? Tired? Allow your body's physical needs to guide you, even if that means having a snack at what you may consider an "off" time.
- **Incorporate joyful movement into your day if possible.** If it's not possible, remind yourself of the above (give yourself some grace). Allow yourself to move in a way that might bring you some peace -- walking, stretching, even deep breathing!
- **Take life day by day.** Each day will be different depending on how you are feeling. Regardless of the day, attempt to treat yourself and your body with kindness. Remember that these are unprecedented times.
- **Be an ally.** Understand that these are especially trying times for those struggling with eating concerns. You can show your support by listening, increasing your own awareness, and sharing resources for support.

Resources for Consideration

- **Health at Every Size:** Sign the pledge, read helpful articles, and access additional resources on the [community page](#).
- **National Eating Disorders Association (NEDA):** Find [a video series](#) that's specifically geared towards managing an eating disorder during the COVID-19 pandemic.
- **Article from Huffington Post:** ["Anyone In Eating Disorder Recovery Should Read This Coronavirus Advice"](#)