



Top 10 Tips for Eating Disorder Recovery

1. Work with an [eating disorder specialist](#) treatment team if possible, and/or seek out some of the many wonderful [self help](#) programs available to assist you in recovery.
2. Develop self acceptance through practicing [compassion](#) toward self.
3. Develop a positive and self nurturing internal [dialogue](#).
4. Get treatment for co-occurring disorders such as [anxiety](#) and depression.
5. Practice [mindfulness](#) and living in the moment.
6. Listen to and honor your [feelings](#).
7. [Eat](#) well and listen to your body's hunger and fullness signs.
8. Accept your genetic makeup and appreciate your [body](#).
9. Have a [relapse](#) prevention or correction plan.
10. Develop [faith](#) and trust in God and let go of what you cannot control.