

## Eating Disorder Hope Top 10 Tips for Recovery

### **1. Develop self-acceptance and self-compassion**

*You are unique and the value of your character is not determined by outside factors. Self-care and self-respect are keys to your recovery.*

### **2. Develop positive self-talk**

*Your inner dialogue with yourself is crucial to recovery. Learn how to recognize ineffective negative thought patterns and replace them with accurate and uplifting thoughts.*

### **3. Treat any co-occurring disorders like anxiety or depression**

*Anxiety disorders like Obsessive Compulsive Disorder, agoraphobia, social phobias and generalized anxiety are often present with eating disorders. Explore the symptoms and treatment with your healthcare team.*

### **4. Practice mindfulness and living in the moment**

*Mindfulness is a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them as good or bad.*

### **5. Listen to and honor your feelings**

*Emotions provide valuable information about the self and the environment. Developing an awareness of feelings and learning to tolerate uncomfortable feelings are valuable tools in recovery.*

### **6. Honor your hunger and learn to respond to your body's inner cues**

*Making peace with food is a process just as enjoying eating is central to your health and well-being.*

### **7. Accept your genetic makeup and reject unrealistic standards of body size or shape**

*Having a positive body image means that, most of the time, you see yourself accurately, you feel comfortable in your body, and you feel good about the way you look.*

### **8. Have a relapse prevention or safety net plan**

*With your treatment team, learn to recognize the early warning signs of relapse and develop skills to get back on track.*

### **9. Develop a Spiritual Life**

*A common trait among eating disorder sufferers is the obsessive illusion of control. This belief often leads to fear, anxiety and other challenging emotions. Develop faith and trust in God and let go of what you cannot control.*

### **10. Connect with professionals who specialize in the treatment of disordered eating**

*Take the first step and explore treatment options in the Eating Disorder Hope National Treatment Directory.*