

Since the pandemic was declared,
eating disorders have been on the rise.

You're not alone.
Together let's break the isolation.

ACTIVITIES GUIDE FOR EATING DISORDER (ED) SUFFERERS
(AND EVERYONE): SELF-CARE

National Eating Disorder
Awareness Week

February 1st -7th 2021

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NATIONAL EATING DISORDER AWARENESS WEEK

FEBRUARY 1st - 7th 2021

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Activities Guide for ED Sufferers (and Everyone)

A Guide to Self-Care


This guide was designed primarily for people with an eating disorder, but can benefit anyone who needs to take care of themselves.



In a global pandemic, our physical and mental health is more vulnerable. It's important to take care of ourselves when we're experiencing more difficulties due to external factors such as the health crisis, or internal factors such as living with an eating disorder or seasonal affective disorder. Our mental health is important and we need to do things that make us feel good.

There are plenty of tools and resources at your disposal. The professional services offered by organizations such as ANEB and the Maison l'Éclaircie, our partners and other organizations in your community are good resources.

But what do you do when you're alone and need to take your mind off of everything and find inner peace? These tools are here for you, to help you through tough times.



Activity Sheet 1.1

How can you take care of yourself?

1. Focus on your strengths

You've got some great qualities! Write them down as a reminder.

2. Remain kind to yourself

You deserve to be kind and caring toward yourself.

3. Take breaks during the day to do activities you enjoy

Write, walk, talk to someone you like, draw, dance, play ball, snowshoe, etc.

4. Try to stay in the here and now

The philosophy of mindfulness can be applied during activities such as meditation, walking and yoga.

5. Focus on what you can control

You can't always change what happens to you, but you can learn to control your reactions and feelings about other people, unforeseen events, and so on.

Activity Sheet 1.1

How can you take care of yourself?

6. Do relaxing activities

Walk, do yoga, read, watch a movie, take a bath, listen to music, etc.

7. Talk to someone when you're down

Talk to your boyfriend/girlfriend, family members, teachers, neighbours, therapists, or telephone help lines.

8. Try new activities

Engage in creative or fun activities like visual arts and crafts, games, a musical instrument, dancing and writing, snowshoeing, etc.

9. Write your thoughts and feelings in a diary

We have to release the bad stuff. Journaling will help you understand yourself better.

10. Become aware of your negative thoughts but don't let them get to you

Don't run away from unpleasant thoughts or feelings, but don't let them stop you.

Activity Sheet 1.2

MY WELL-BEING TOOLKIT

When you're experiencing a difficult situation,
you can come up with a strategy for feeling better.

1. **Think** : What do you feel like doing ?
2. **Write down the ideas you came up with** : these are your strategies.
3. **Cut** them into squares and place them in a jar or box.

You now have strategies that can help you!

Activity Sheet 1.3

Love letter to myself

We're often too hard on ourselves. It's important to remember our qualities and strengths, and to love ourselves. You can't love anyone else if you can't love yourself.

You can address this love letter to yourself.

Love letter to myself

This letter is for _____

I want to remind you that you're amazing!!

You have many strengths : _____
_____ !

You also have great qualities : _____
_____ !

Dreams? You have many : _____
_____ !

Talents? You've got a lot of them : _____
_____ !

When your friends talk about you, what do they say? : _____
_____ !

Know that you are a complex person and your attributes are your best allies.

Activity Sheet 1.4

My emotions journal

For better self-knowledge, you need to be aware of the emotions you're experiencing. This journal is a tool that can help you better understand yourself and the emotions you experience during the day.

My emotions journal: to understand myself better

I feel... guilty when : _____

I feel... ashamed when : _____

I feel... anxious when : _____

Activity Sheet 1.4

My emotions journal

Write in your journal as soon as you experience a difficult situation; the aim is to connect more solidly to your emotions and what you feel. We're proposing the following formula. But you're free to choose the model that suits you best.

In your journal, separate each page into four columns:

- **situation,**
- **response,**
- **émotions,**
- **alternative(s).**

There is no right or wrong answer. The purpose of this exercise is to become aware of the situations that trigger a certain emotion and to see if there are effective ways to deal with it.

Example

Situation

Fight with my boyfriend/girlfriend

Response

Eat everything I can lay my hands on

Emotion

Anger and sadness

Alternatives

Read a book I like, talk to someone, play with my pet, watch a movie, etc.

Activity Sheet 1.4

My emotions journal

Protocol

The following exercise is carried out in two stages.

The objective is to get you to think about everyday situations and occurrences that make you experience feelings that are difficult to verbalize and manage. Then you can try to find ways to deal with those feelings in effective and healthy ways.

1. First, think about different emotions and write down situations/occurrences/things that provoke each of those emotions.

2. Secondly, find and write alternative solutions.

If this activity makes you experience difficult feelings, or if you simply need to talk to a professional about your weight, body image or relationship with food, you can go to anebquebec.com (adults) or anebados.com (young people) or maisoneclaircie.qc.ca (adults and youth) to get information or speak with someone at ANEB or the Maison l'Éclaircie.

This activity is based on:

http://www.adosante.org/Sante_mentale/26.shtml

Activity Sheet 1.4

My emotions journal

Situation

Response

Emotion(s)

Alternatives