



Ideas for Coping

Instead of Engaging in Eating Disordered Behavior.....

- Talk back to your Eating Disorder (that pesky voice in your head)
- Write a Letter to your Eating Disorder
- Pray or Meditate
- Write a Letter to a Friend
- Write down Everything you Are Thankful For
- Distract Yourself (Sudoku Puzzles!)
- Read a Self Help Book – Keep the Most Helpful Pages bookmarked!
- Speak an Inspirational Quote Out Loud as Your Mantra or Write the Words Repeatedly
- Call a Friend or Family Member for Support
- Involve Yourself in Volunteer Work – Focus on Helping Another Who is Struggling
- Post Quotes/Affirmations on your Bathroom Mirror or Refrigerator
- Challenge Negative Thoughts by writing or speaking Opposite Positive Thoughts
- Color! With Crayons!
- Use Message Boards and/or Chat Rooms for those struggling with ED
- Exercise in Moderation, Short Walks, Stretching, Yoga
- Write in the Third Person. This can Allow you to Be more Honest with Yourself
- Imagine the Words you Would Offer your Friend if She was Struggling
- Sing Loudly – Whether You Sing Well or Not =)
- Pamper Yourself – Pedicure, Manicure, Massage, Facial Mask
- Breathe Deeply, Close your Eyes
- Speak Thoughts Out Loud, and Record Them on Cassette for Therapy Sessions



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- Speak Positive Thoughts Out Loud and Listen to Them Repeatedly
- Be PATIENT with Yourself!