

# Support in Eating Disorder Recovery

Helpful 😊	Harmful 😞
From yourself	
Getting quality sleep	Scrolling social media
Consistent meals and snacks	Overworking/overdoing
Attending and engaging in appointments	Skipping meals and/or snacks
Connecting with others	Denying myself rest
Engaging in meaningful and enjoyable activities	Wearing uncomfortable clothes
Getting alone time in daily	Weighing/body-checking
Taking prescribed medication(s)	Wearing uncomfortable clothes
Using coping skills (having 3 that are reliable and your "go-tos")	Excessive substance use
Having work/life balance	Food logging, calorie counting, tracking with devices
Practicing self-compassion	Too much time around "toxic" people
Engaging in enjoyable movement (and nourishing adequately before/after)	Engaging in negative self-talk
Tending to hygiene	Skipping appointments
Asserting and maintaining boundaries	Isolating
Getting outside in nature	Avoiding due to fear
Sticking to a self-care plan	
Creating for the sake of creating	
Recovery based books and podcasts	
Wearing comfortable clothes	

\*This list was made by individuals who are in active recovery. This list may vary from person to person and is intended to be a gentle guide. We encourage you to add or take away based on your individual needs.\*

