

Help yourself, Help a friend



University of South Florida St. Petersburg

DO's and DON'T's Of Addressing An Eating Disorder



How to Help A Friend

DO

- Learn about eating disorders so that you will know the signs when you see them.
- Recognize that eating disorders are potentially fatal diseases; treat them accordingly.
- Listen to him/her with understanding, respect, and sensitivity.
- Be consistent; insist that he/she needs help.
- Be available when he/she needs someone.
- Share your own struggles.

DON'T

- Take any action alone; get help.
- Try to solve her problem for him/her; he/she needs a qualified professional.
- Blame him/her for doing something wrong or tell her he/she is acting silly.
- Gossip about him/her.
- Be afraid to upset him/her; talk with him/her.
- Reject or ignore him/her; he/she needs you.

- Be deceived by him/her excuses.

HOW TO HELP YOURSELF

- Learn as much as you can about eating disorders.
- Admit that you have an eating disorder and that you need help.
- Tell someone about your problem, and ask for help.
- Join a self-help group.
- Understand that asking for help is a sign of strength, not weakness.
- Try to recognize why you have a problem.
- Recognize the importance of good nutrition and moderate exercise.
- Try relaxation techniques.
- Seek professional help – Psychologist, Psychiatrist, Nutritionist (Anyone who specializes in eating disorders).
- Be patient! Recovery takes time; but it is worth it!!!

University of South Florida St. Petersburg

Wellness Center

SLC 2200

(727) 873-4422

Reprinted from "Food for Thought",

Randolph-Macon Woman's College.