

Harm Reduction & Eating Disorders: A Mini Newsletter

Further Reading on Harm Reduction & Eating Disorders

Click to read:

[An article with a great chart for strategies](#)

[A Personal perspective](#)

[Clinical Practice Guidelines \(BC\) -its a huge document but has some interesting perspectives mixed in](#)

Resources for Friends & Family

While not specific to Harm Reduction, the support and resources for concerned friends and family helps reduce harm for them

[15 things all caregivers should know](#)

[Links to resources, information and blog posts](#)

[Support for Caregivers](#)

Did you know?

Individuals who have a physical disability can fish for free? [Click here](#) for more details

With the rising cost of food, eating disorders can be exacerbated by lack of access to affordable nutritious foods

Strategies

Just about any strategy for self care can apply for eating disorders but what about these?

For Anorexia

- use nutritional supplements (Boost, Ensure) to meet basic nutritional needs
- aim for longer stretches between periods of fasting

For Bulimia

- aim for longer stretches between periods of bingeing or purging
- get regular dental check ups

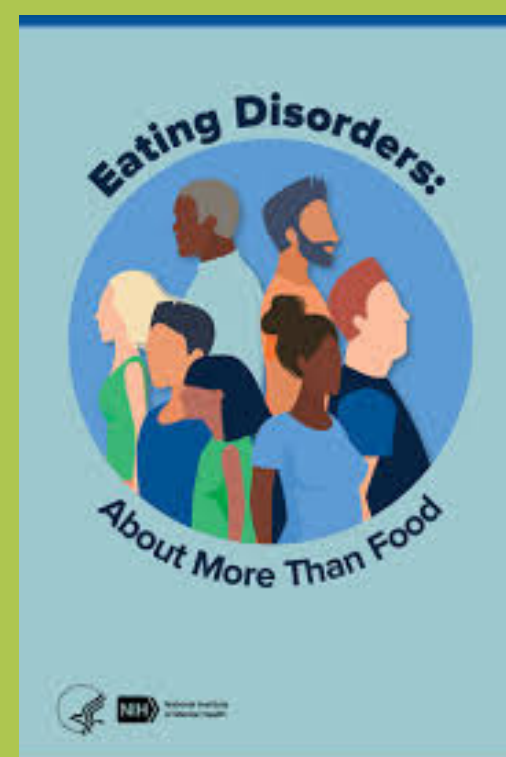
For Binge Eating Disorder

- keep high risk binge foods out of the house
- consume sweets/treats only after a healthy meal

For any eating disorder

- explore non-abstinence recovery goals
- focus on quality of life and not on the eating disorder
- avoid or limit use of social media
- distraction - engage in fun activities/hobbies to keep distracted from thinking about food or body
- allow eating disorders behaviours at specified times
- explore options for things that can be within reasonable control
- remove scales from the home or limit weighing opportunities
- build a healthy network of friends, colleagues, neighbours
- seek out counselling or supports to deal with stress or life experiences (eg. trauma, abuse, relationships, etc)
- avoid emotionally intense discussions during meals
- get creative about activities at meal time (eg. theme nights, games) and avoid conflict or watching the news
- take a cooking class or learn to cook for the joy in the activity and not for the eating
- go for regular medical check ups

Potential Signs of an Eating Disorder



A Word about Language

Don't forget to try to avoid the "ics". Like many other ics, Bulimic and Anorexic are labels that can carry great stigma. Put the person first and reference people as diagnosed with Bulimia or working on recovery from Anorexia, if reference is needed at all

