

A large, stylized graphic of a face in shades of purple and blue, positioned on the left side of the image. The face has a simple, rounded shape with two dark rectangular eyes and a wide, open mouth. The background is a solid dark purple.

FEELINGS NOT FOOD

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**WHAT 3 WORDS COME
TO MIND WHEN YOU OR
OTHERS THINK OF
EATING DISORDERS?**

What those with lived experience say



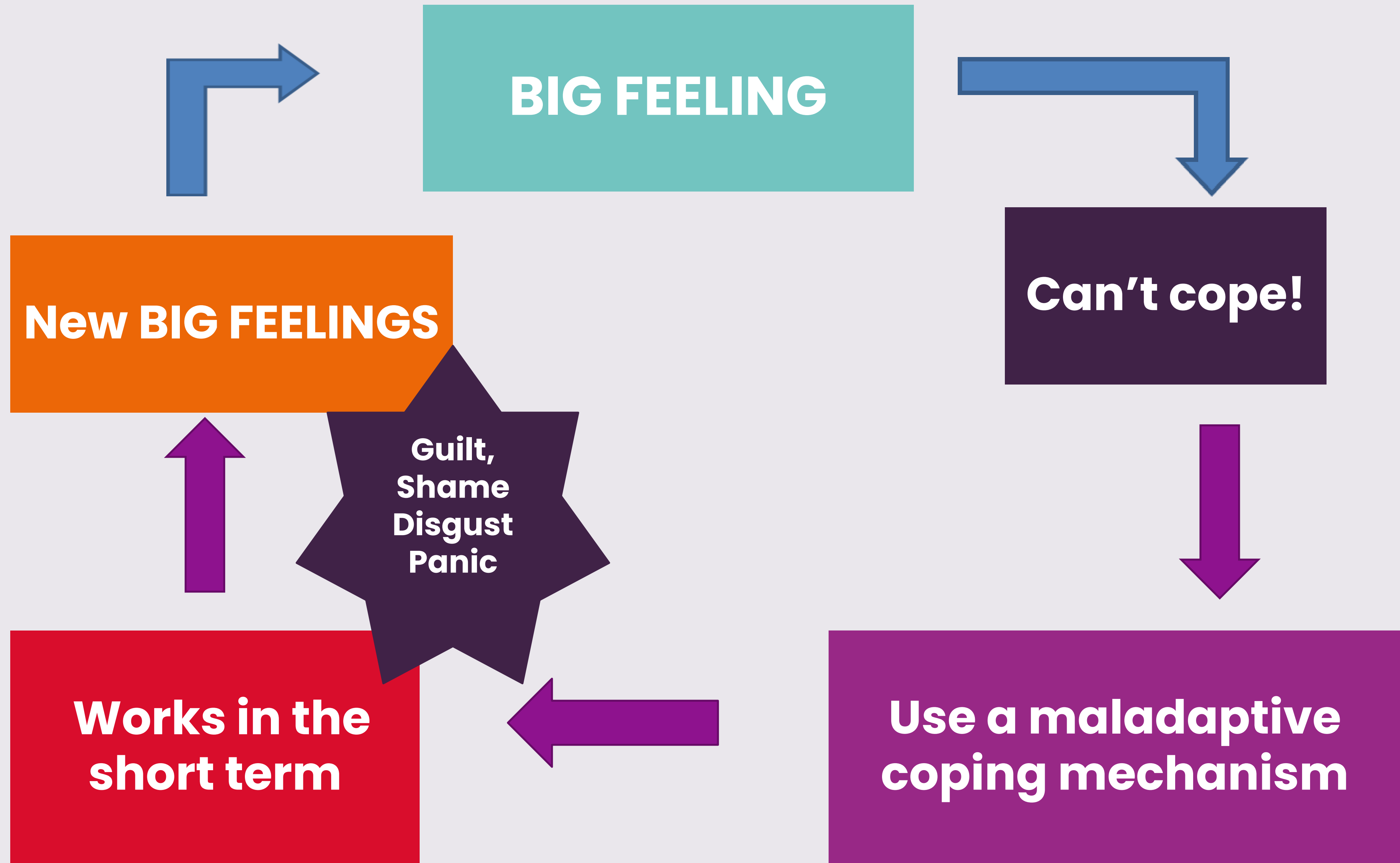
The actions I took were not directly related to the goal of losing weight...I did fancy the idea of losing a few kilos, but that wasn't my main motivation...

I started restricting my food intake vigorously. I got pleasure from it because it made me feel in control.

I felt happy and content with my life...I could get through anything if I kept that control...

I stopped hurting, I felt nothing. I felt strong, untouchable.

www.beateatingdisorders.org.uk/your-stories/recovery/my-malnourished-brain



RELATIONSHIP WITH FOOD

- Think about the connections between your thoughts, feelings and eating patterns?
- What are your beliefs about food and body size/ shape, where do these come from?
- How do your thoughts about food influence your eating behaviours, how you talk about food and your relationship to self?

What can we do?

**Model a positive
example of a healthy
and balanced
relationship with food**

**Teach children about
good relationships and
how to deal with
difficulties when they
arrive**

**Encourage a value
system based on
internal values**

**Develop critical
thinking**