

**What is an Eating Disorder?**

An eating problem is any relationship with food that you find difficult, if food and eating feels like its taking over your life this may be a problem. Anorexia and Bulimia are common eating disorders, but anything that severely affects you regarding food could be a problem.

**Symptoms**

**Anorexia Nervosa**

* Can’t think about anything other than food
* Want to disappear or feel you have to be perfect
* Acute loneliness
* Not eating gives you a sense of control
* You may reduce your food intake, count valorise, hide food or throw it away
* Avoid foods that feel dangerous and check your weight constantly
* This can have detrimental effects to your physical health

**Bulimia Nervosa**

* Eating large amounts of food in one go, then feeling ashamed and purging
* May feel ashamed about your body
* Scared, depressed, anxious or lonely
* Mood may change quickly or suddenly, out of your usual cycle
* May go through cycles of eating, feeling guilty, purging and then repeating
* May starve yourself or eat in secret
* Can have detrimental physical effects like tiredness, IBS, feeling dehydrated

**Binge Eating**

* Eating significantly larger portions of food in a short period of time than most people would
* Feeling out of control when eating, cannot stop eating even if the person wants to
* Binge eating episodes such as eating much more rapidly than normal
* Eating when not physically hungry
* Eating alone/hiding the binges because of feelings of shame
* Feeling disgusted, depressed or very guilty about the binge afterwards
* He person is clearly distressed by their binges

**Treatment:**

Recovery means different things to different people; it is possible to feel better, even if it takes a long time.

**Talking to people you trust:** by writing down how you feel, and explaining to those around you how eating impacts you

**Managing relapses:** identifying the times you are more prone to eating problems, and thinking of your early warning signs can help you to plan ahead and understand your eating problem and you’re self

**Learn how to deal with others comments:** people may comment on your body without realising what you are going through, planning for these comments can help you to manage your mental health

**Try and change unhealthy routines:** trying to distract yourself or better planning off your food intake and buying habits can help

**Therapy, medicine and clinics are sometimes used to aid in recovery**

**Websites/Hotlines:**

NHS health in mind: 0300 330 5455 [www.healthmind.org.uk](http://www.healthmind.org.uk)

Samaritans: 08457 909090

Silver cloud- free online CBT if you’re feeling worried, stressed or low <https://www1.essex.ac.uk/students/health-and-wellbeing/silvercloud.aspx> .

Employee Assistance Programme, supplied by Validium: Speak to HR/ Line Manager or staff portal for more info

ABC (Anorexia & Bulimia Care) 03000111213 [www.anorexiabulimiacare.org.uk](http://www.anorexiabulimiacare.org.uk)

Beat 03456341414 [www.b-eat.co.uk](http://www.b-eat.co.uk)

MGEDT (Men Get Eating Disorders Too) [www.mengetedstoo.co.uk](http://www.mengetedstoo.co.uk)