

RELAPSE PREVENTION STRATEGIES

Recovery from an eating disorder (ED) is never linear. You're human. You will have good and bad days. You will make mistakes. Accepting this as reality may take time. But it is the first step to preventing relapse. Here are some other strategies to try:

IDENTIFY YOUR TRIGGERS

what causes your ED thoughts and behaviours to return?

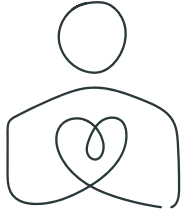
- emotions
- influences
- events



MAKE A COPING PLAN

how will you cope with these triggers?

- write in a journal
- take a walk
- deep breathing



EAT REGULARLY

can you give yourself permission to eat foods that you enjoy?

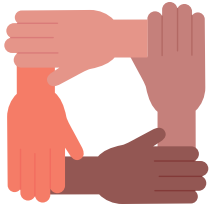
- within 1 hour of waking
- 3 meals + 2-3 snacks



USE A SUPPORT SYSTEM

who can you reach out to for help?

- family, friends
- care providers



REDUCE NEGATIVE INFLUENCES

how can you control your exposure to harmful messages about bodies or food?

- social media
- people
- self-talk



DEVELOP NEW INTERESTS

is there a hobby or activity that you think you might enjoy?

- art, music, sport, gardening
- community service

MAKE TIME FOR YOURSELF

how can you set aside time every day to do something that makes you feel good?

- relax, reflect
- play, laugh

