

# WRAP for disordered eating Session 1



# Relapse Prevention

Over the last 10 sessions you have learned numerous skills to help support your disordered eating, the next two sessions are designed to help you implement and embed those skills as well as recognising triggers, early warning signs, routines and what makes you happy.

These sessions have been adapted from Mary Ellen Copelands Wellness recovery action plans and the intention is to help you manage your disordered eating.

## Summary of skills learned in sessions:

These sessions have introduced a variety of new skills which have been drawn from cognitive behavioural therapy for eating disorders. It is important that you practice these skills regularly to maintain your wellness. Use the next two sessions to draw you back to what has helped whenever you feel like you notice unhelpful thoughts and behaviours around food, weight and shape.

### **Motivation to change:**

In session 2, you identified barriers and problem solved how you may overcome those barriers

### **Self-monitoring:**

You have been requested to maintain an emotional food diary since session 3, this is to help you review your eating pattern, develop awareness of triggers and unhelpful thoughts.

### **Regular eating:**

In session 4 and 5 we discussed the importance of keeping your energy levels up, session 4 focused on what happens if you do not eat regularly and session 5 was based around improving structure which included eating every 3-4 hours (3 meals 2/3 snacks)

# Summary of skills continued

### **Opposite actions and thought challenging:**

Throughout the sessions we have undertaken several activities to test the accuracy of all kinds of beliefs and predictions, they were first introduced in session 6 when testing rules for living.

### **Challenging of unhelpful beliefs:**

In session 7 we looked at using a positive data log to support challenging your core beliefs, we have also introduced challenging of beliefs within the body image modules. This involves collecting evidence to show that your beliefs and thoughts aren't fully true.

### **Urge Surfing:**

In session 8 we started to use urge surfing to overcome driven exercise, urge surfing is a behavioural technique to delay and distract when experiencing distress or uncomfortable thoughts or feelings.

### **Attention training:**

In session 9 we introduced attention training to help shift your attention from a thought that is consuming you and keeping you fixated. This is particularly helpful if you are experiencing feeling stuck when body checking, and it can be used in combination with behavioural experiments to reduce body checking.

### **Exposure:**

In session 10 we introduced using exposure to overcome body avoidance, exposure aims to teach a person how to overcome situations you may avoid by helping your body become used to the fear which avoided situations usually provoke.

# What makes me happy and keeps me well:

Write down below who and what makes you happy when you are feeling well, think about your thoughts, feelings and behaviours.

## When I am feeling well, I think:

Example: I don't think about food all the time. I don't worry about my weight.

.....

## When I am feeling well, I feel:

Example: Happy, not worried, relaxed.

.....

## When I am feeling well, I do:

Example: I do eat regularly, I don't weigh myself daily, I do activity that I enjoy.

.....

## Use belows box to create a positive statement which sums you up when your well

When I am well I can.....

and I feel.....

My thoughts say.....

And this means.....

# Things I need to do to keep myself well

Write down the things that you need to do to keep yourself, think about necessary, pleasurable and routine activities

## Things I do which are routine to keep myself well:

Example: Exercise twice per week, eat regularly.

## Things which are necessary to keep myself well:

Example: Eat 3 meals and 2 snacks per day.

## Things which are pleasurable to keep myself well:

Example: I enjoy trying new recipes.

## People who support me are:

Example: Mam, dad, partner

# Wellness tool box

**List 5 strategies which help you maintain your wellness.**

*Example: Exposing myself to mirrors.*

- 1.
- 2.
- 3.
- 4.
- 5.

**This is what gives me meaning or is important for me, this is what inspires me and reminds me of my values:**

**These are some things that I would like to try to see if they would support my wellness:**

- 1.
- 2.
- 3.

**Things that are unhelpful for my recovery:**

# Daily routines, eating and exercise for wellness.

**What are your daily routines when well:**

*Example: I go to work Monday to Friday 9am-5pm, I shower every evening. I put my makeup on before I go to work.*

**What exercise do you enjoy and how often:**

*Example: I enjoy walking and do this 3 times a week for 30 minutes.*

**What is your eating routine:**

*Example: I eat breakfast at 8am, lunch at 12pm, dinner at 7pm. I have 3 snacks in between, I don't leave longer than 4 hours between eating.*

# Who I can contact when I need help with my thoughts

**Who:**  
**How they help:**

**Best Contact:**

**Who:**  
**How they help:**

**Best Contact:**

**Who:**  
**How they help:**

**Best Contact:**

**Who:**  
**How they help:**

**Best Contact:**

**Who:**  
**How they help:**

**Best Contact:**

**Who:**  
**How they help:**

**Best Contact:**

# Meal Structure & Review

**Week Start** M T W T F S S

**Meal 1**

**Meal 2**

**Meal 3**

**Snack 1**

**Snack 2**

**Other Eating Episodes**

**What went well?**

**Challenges:**

**My positive quote:**

**Goal of the week:**

# Emotional Food Diary

## Example Food Diary

When? Date/Time	Who were you with? What were you doing?	What did you eat?	Triggers identified	Thoughts/feelings prior to eating	B/L/P	Thoughts after event?

## My Week in Review

What went well with my eating behaviours this week:

Any behaviours which need my attention:

What I will focus on next week:



**together we**

Cumbria

**Together We CIC**

**0808 196 1773**

**info@togetherwe.uk**

**www.togetherwe.uk**