MRAP for disordered eating
Session 2



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.

Lapse vs Relapse

Slip ups in progress can happen at anytime and are to be expected. Its important that you can recognise any lapses and act accordingly to reduce setbacks. If a lapse happens, remind yourself this does not mean it is a relapse and all progress is lost, most people have "down day" and life isn't always stress free! If a lapse happens consult your WRAP sessions to refresh skills and use the action plans at the end of this booklet to help you get back on track. Use lapses as a learning point, understand what situations are difficult for you and ask yourself what skills or tools can you use to change the outcome next time?

Social support can be very helpful to reduce the risk of lapses, its helpful to talk to someone. Use your supporters page and further support information to connect with others when struggling.

Acceptance

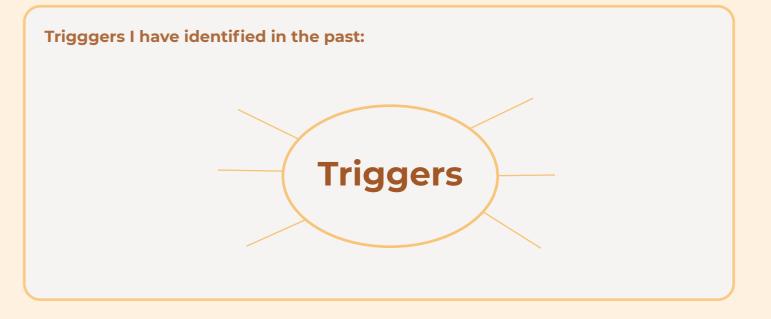
You may still experience unhelpful thoughts on occasion, this is normal and its okay. You have learned several skills to support behaviour change and to stop you from listening to these thoughts and urges. Often the best way to respond to an unhelpful thought is to notice it, accept and move on by engaging in your coping strategies or other areas of life.

Identifying triggers

By now you may have already identified some triggers using tools such as your emotional food diary which may impact, you're eating and exercise behaviours and may cause unhelpful thoughts about food, weight, and shape.

Use the next activities to record your triggers and action plan how you might overcome triggers:

Things that might happen which could cause an increase in my unhelpful behaviours and thoughts:
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.



My triggers and how I can respond

Triggers/Stressors	How I can respond.
Example: Seeing diet plans and exercise plans on social media.	Unfollow accounts which promote disordered eating and fad diets. Limit social media time

My early warning signs:

Use the next activities to identify any early warning signs you have experienced previously when becoming unwell:

Symptoms which have happened when I have previously became unwell:
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Ways that I can recognise my early warning signs:	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Action Planning:

My Triggers:

When are setbacks in my eating behaviours more likely to occur? In what types of situations might I have a setback?

My Warning Signs:

How do I know when I have had a setback in my recovery?

Are there any emotional, thinking, behavioural or physical signals?

Action Plan

What do I need to focus on and remind myself when a setback occurs?

What do I need to do when a setback occurs? What specific actions can I take?

Further Support

If you need some more help after this session, you can contact:

Beat:

0808 801 0677 www.beateatingdisorders.org.uk

Samaritans (24 Hour Service)

116 123 jo@samaritans.org www.samaritans.org

Mind Line Cumbria

0300 561 0000 info@mindlinecumbria.org www.mindlinecumbria.org

NHS Cumbria Crisis Team (24 Hour Service)

0800 652 2865 07795 656 226

SANEline (4.30pm - 10.30pm)

Call - 0300 304 7000 Text First Name & Number to - 07984 967 708

Who I can contact when I need help with my thoughts

		Mea	11		
Who:	Who:				
How they help:	How they help:	Meal	12		
		Meal	13		
Best Contact:	Best Contact:	Snac	k 1		
		Snack	k 2		
Who:	Who:	Other Eat	ing Episodes		
How they help:	How they help:				
Best Contact:	Best Contact:				
		What wer	nt well?	Challenges:	My positive quote:
Who:	Who:				
How they help:	How they help:				
Best Contact:	Best Contact:	Goal of th	e week:		

Meal Structure & Review

Week Start

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Emotional Food Diary

Example Food Diary

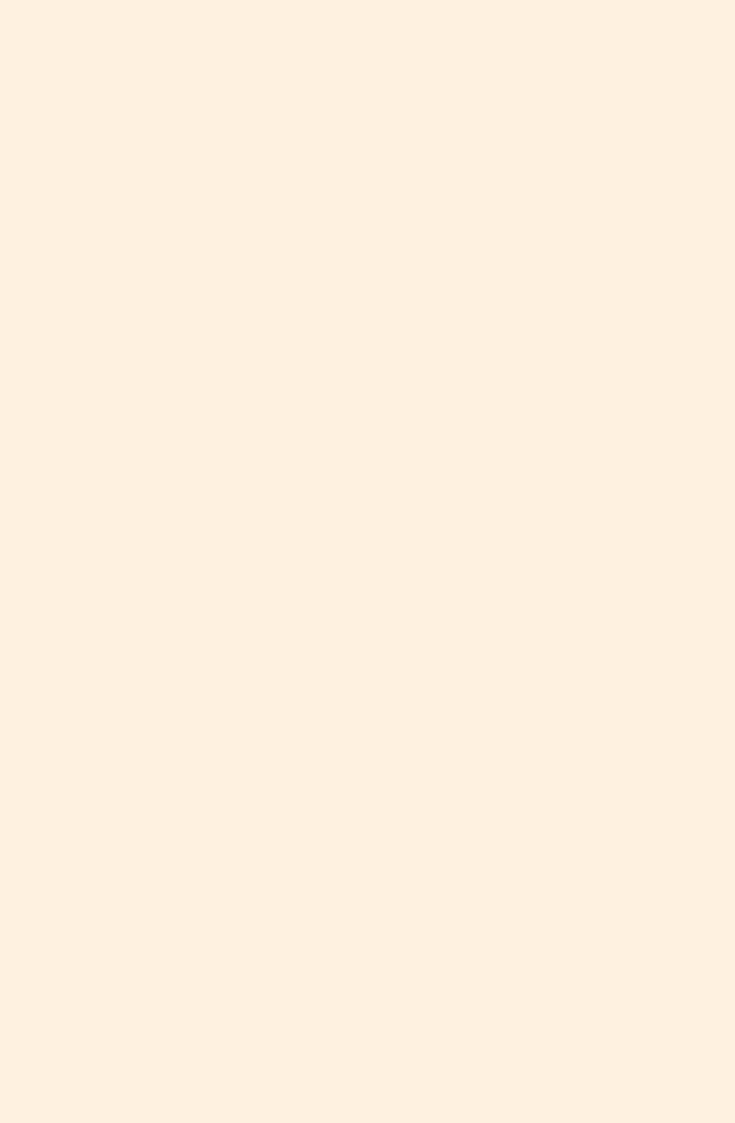
When? Date/Time	Who were you with? What were you doing?	What did you eat?	Triggers identified	Thoughts/ feelings prior to eating	B/L/P	Thoughts after event?

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 CIC 0808 196 1773 info@togetherwe.uk www.togetherwe.uk