

# WRAP 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.

**Triggers I have identified in the past:**



# My triggers and how I can respond

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

# 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 become 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](http://www.beateatingdisorders.org.uk)

## Samaritans (24 Hour Service)

116 123

[jo@samaritans.org](mailto:jo@samaritans.org)

[www.samaritans.org](http://www.samaritans.org)

## Mind Line Cumbria

0300 561 0000

[info@mindlinecumbria.org](mailto:info@mindlinecumbria.org)

[www.mindlinecumbria.org](http://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

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

**Best Contact:**

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# 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**