

Making Changes to Disordered Eating



How can we make changes to our eating behaviours?

Making any changes in our life is challenging. It can be scary and worrying to make a change, especially if you have been engaging in disordered eating for several years. To succeed in making a lifestyle change, it's important to understand three crucial elements:

- Readiness to change.
- Barriers to change
- How to manage relapse

There are different stages of change. Look and see which stage you are at:

STAGE ONE

Precontemplation - Prior to considering a change, you may be unaware of your actions or avoiding the change

STAGE TWO

Contemplation - You are likely aware that you need to make a change, but your emotions are conflicted.

STAGE THREE

Preparation - You start to make small changes to move towards your goals.

STAGE FOUR

Action - You take direct action to accomplish your goal.

STAGE FIVE

Maintenance - Maintaining your new behaviours.

During your recovery journey, lapses may happen. When life gets challenging, it's common for us to experience struggles with our recovery journey. It's important to know that one lapse does not mean you will relapse. You can jump back into the stages of change in any order. Use lapses as a learning point.

Making a change.

Changing your disordered eating isn't always as easy as simply altering what you consume or how you think. Barriers can obstruct our path, and change can be a challenging process. It's important to note that there's never a right or wrong time to engage in behaviour change, and often getting started is the most daunting aspect. You can use the activity below to examine all aspects involved in making a change. Frequently, the most challenging part of altering your behaviour is the fear of the unknown.

Negative Consequences	How I think it helps
<p>Difficulties that you are experiencing because of the way you are feeling:</p> <p><i>Example: I can't eat out with friends</i></p>	<p>When examining situations, we know there are positive and negatives about everything often we may use these positives to reassure ourselves that staying the same is okay but on further examination our "helping" tools often cause more issues</p> <p><i>Example: Comfort eating helps me when I feel distressed.</i></p>
<p>Thinking about overcoming your problem, list how your life will change in a positive way:</p> <p><i>Example: I will be able to enjoy my social life and go out with friends to eat.</i></p>	<p>Thinking about changing, use below to identify any impact that your change will have on you</p> <p><i>Example: I will need to sit with uncomfortable feelings.</i></p>
Personal Benefits	Personal Costs

Preparing for change

To prepare for a lifestyle change, it can be beneficial to establish clear goals and create an action plan. When setting goals, it's important to be specific and realistic. Breaking down actions into manageable steps over a period can also be helpful. Utilize the activity below to initiate your first steps toward making a change

Firstly, set your goal:

.....
Example: I am going to eat on a more regular basis.

Next make it specific:

.....
Example: I am going to eat 3 meals and 2 snacks per day.

What needs to happen in order for me to achieve this goal?

.....
Example: I need to purchase snacks which I can grab easily.

Create a list of tasks which may help you achieve this goal:

.....
Example: Research snack options, go shopping, research meals...

Who or what might help?

.....
Example: My friends, family, the internet, group friends

Overcoming barriers

Encountering barriers when changing your lifestyle is a normal part of the process. These barriers can stem from various sources, including situational, emotional, or personal vulnerabilities.

In the next activity, we will explore some of these barriers, although more may arise during your journey.

External Barriers:

Thinking about your goal, who or what might hinder your progress in making changes? List 3 barriers below:

• *Example: Working hours*

-
-
-

Internal Barriers:

Thinking about your goal, how might you self-sabotage your efforts to change? List 3 barriers below:

• *Example: I tend to stop eating when I am stressed*

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-
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It's also worth considering whether you possess the necessary tools and knowledge to achieve your goals. Attending these sessions will provide support in this regard.

Top ten tips for improving wellbeing

1. Prepare for change.
2. Weigh pros and cons.
3. Set goals.
4. Identify and acknowledge barriers.
5. Problem - solve to overcome barriers.
6. Create an action plan.
7. Reflect on behaviours to understand lapses.
8. Practice self-compassion.
9. If you lapse, revisit your action plan.
10. Seek support when needed.

Further Support

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

Self-Help:

*www.getselfhelp.co.uk
www.cntw.nhs.uk/selfhelp*

Helplines and support:

Beat:

*0808 801 0677
www.beateatingdisorders.org.uk*

Local Support:

Together We

0808 196 1773

MindLine Cumbria

0300 561 0000

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:

Goal Setting

Identifying Goals	
Creating a problem statement can help you identify some of your goals. Answer below questions:	
My main problem is:	
It happens:	
It causes me to:	
When it happens I feel	
It's stopping me from:	
My Problem Statement	
Create Goal	
Long term goals	Short term goals
S M A R T	S M A R T
Barriers and how i will overcome	
Barriers:	Plans to overcome:



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