

An eating disorder can become an addiction and a crisis, affecting every aspect of your life.

Are you wasting precious years, even risking your life, to an obsession?

The Dangers

Malnutrition

Depression

Food Allergies

Obesity

Obsession

Reality Distortion

Death



It is worth risking a friendship to save a life.

Concerned About Someone?

Give them this brochure with your highlights. Offer your help and support.

Anorexia / Bulimia Self-Help Resources

National Eating Disorder Association
1-800-931-2237

Female Compulsive Eaters Support Groups
1-800-842-1501 (National)

1-800-842-1501 ext 15 (Hartford)

FREED (Family Resources for Education on Eating Disorders)

Website: Connecticutoa.org

National Association of Anorexia Nervosa and Associated Disorders

www.anad.org

Harvard Eating Disorders Center

www.hedc.org

Need to talk with someone?

Talk to your doctor, school nurse or guidance counselor

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Inventory #PI:MH-ETDO Workbook #3.2 6-2008

Could You Have an Eating Disorder?

In the depth of winter, I finally learned that within me there lay an invincible summer.

Albert Camus,
French Author and Playwright



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Providing hope and help to young people and their families through counseling, education and community outreach



Eating disorders are about control that has gotten out of control.

The Five Types of Eating Disorders

Compulsive Overeating

Binge Eating

Bulimia

Restrictive Eating

Anorexia

Eating disorders cause **physical imbalances** resulting in serious physical and emotional health problems, impacting both quality of life and meaning.



Questions to Ask Yourself About Your Relationship with Food

- ◊ Am I often focused on food and weight?
- ◊ Do I have to "earn" a meal by fasting, purging or excessive exercising?
- ◊ Do I numb out my feelings with food?



- ◊ Am I a perfectionist?
- ◊ Do I feel out of control with my eating?
- ◊ Do I become overly fearful or anxious if I eat "too much"?
- ◊ Do I feel as if food and weight are controlling my life?
- ◊ Do I appreciate my body as it is?

While focused on losing weight, people with eating disorders typically lose:

Energy

Self Esteem

Health

Perspective

Life Purpose

Mental Sharpness

Academic Focus

Mood Stability

Muscle Tone

Bone Density

Hair

Dental Health

Honesty in Friendships

Recovery feeds health in all of these areas.