

TIPS FOR SUPPORTING YOUR FRIENDS AND CARING FOR YOURSELF BY MCCREARY'S YAC



Do you think you or someone in your life might be struggling with disordered eating?

Maybe? What might some signs be?

They/you ...

- ☐ are eating more or less than usual or are avoiding certain foods.
- ☐ regularly disappear into bathrooms after meals to purge.
- ☐ have an obsession with weight, calories, and dieting.
- ☐ are acting secretive/suspicious.
- ☐ have abnormal weight fluctuations.
- ☐ have extreme body dissatisfaction.
- ☐ have heightened anxiety around mealtimes.

Need immediate help?

No

What helps to promote a healthy relationship with food and eating?

For friends

For myself

Suggestions:

- ☐ Tell them that you are there for them.
- ☐ Listen to listen, don't listen to give advice.
- ☐ Let them share when they're ready.
- ☐ Provide a non-judgmental space; be accepting and acknowledge how they feel.
- ☐ Build their confidence: remind them of things they are good at that don't have anything to do with how they look.
- ☐ Do an activity that you both enjoy together: Go for a walk or go to a movie.
- ☐ Offer to eat with your friend at meal or snack times to provide support for eating.
- ☐ Offer to sit with them and look for resources to get support.

Suggestions:

- ☐ Find someone you trust to talk to about what you're feeling, when you're ready.
- ☐ Be gentle with yourself—try not to blame yourself for how you're feeling.
- ☐ Try to criticize the culture/media that promotes unhealthy body image, instead of criticizing yourself.
- ☐ Remember that no matter how big or small the problem feels, you deserve to be heard.
- ☐ Try to think of food as the fuel that allows our bodies to feel and perform at their best.
- ☐ Do something that makes you laugh—watch funny youtube/ Tik Tok videos or comedy.
- ☐ Remember that health and well-being comes in all shapes and sizes.

Yes

Talk to a trusted adult you know

Resources:

keltyeatingdisorders.ca



Kids Help Phone:
1-800-668-6868

KUU-US Crisis Line:
1-800-KUU-US17

jessieslegacy.com/resources-and-information/

lookingglassbc.com/resources/

