

What Has Aided Your Recovery?

Part Two

The Rebalance group reflected upon the things that have helped towards personal recovery. The below list of examples provided by attendees is being shared in hope that it will inspire and motivate others:

- Seeking professional help e.g. counselling and self support groups;
- Talking to people – admitting there was a problem;
- Following a food programme that involved eating 3 meals and 2/3 snacks a day;
- Changing my belief system about food – focussing on positive nutrition and whole foods rather than fat and calories;
- Positive exercise – yoga, pilates, walking, horse riding, martial arts;
- Working on developing communication with my partner;
- A desire for children in the future;
- A fear of death made me stop and rethink;
- Eating enough allowed me to see a ray of hope...a future;
- Recognising my vulnerability to relapse ensured that I continued to work on my issues and take care of myself;
- Not being afraid to ask for help...again!;
- Spending time outside in the fresh air and nature;
- Walking my dog every day;
- Going on holiday – travelling;
- Anti-depressants helped to stabilise my hormones;
- Going to university – change of scenery, away from my family, allowed me to leave old habits behind and develop my own identity;
- Making a new set of friends that did not centre around food and eating disorders;
- Changing my job – job satisfaction made me feel more worthwhile and positive;
- Cognitive Behavioural Therapy;
- The responsibilities of parenthood motivated me to continue self development and prioritise my life and issues;
- Learning to accept positive praise and compliments helped to build my self confidence;
- Realising the fundamental reason for my needing to feel so in control;
- Forgiving myself;
- Accepting that the problems in my childhood were not my fault and I should not punish myself any longer;
- Self help books helped me to understand my eating disorder and challenged my beliefs;
- Taking some time for myself, just to relax, calmed my mind enough to feel stronger and more able to fight my eating disorder;
- Mindfulness and mindful eating helped me slow down rather than rush everything;
- Reading fictional books to relax and take time off from my eating disorder;
- Laughter therapy;
- Changing my daily routine proved that I am capable of change – small steps motivated bigger steps;
- Buying new clothes, that actually fitted, helped to build my identity and confidence;
- Positive affirmations;
- Being aware of triggers signs helps to prevent relapse and reminds me to take time out for myself;

