

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Eating Disorders:

Everyone's eating habits are different. Some may eat more or less than others, or you may notice that your own eating habits may change from day to day, this is normal... but if you find yourself obsessing over your habits then you may be experiencing an eating disorder.

What are the signs of an eating disorder?

There are a number of eating disorders, such as anorexia or bulimia, and each disorder has its own set of symptoms. Common signs of an eating disorder are:

- Obsessing over your weight
- Weight loss/gain
- Eating too little or too much
- Skipping meals
- Counting calories or weighing your food
- Binge eating (eating a large amount of food in a short time)
- Vomiting after food
- Excessive exercise
- Misusing laxatives
- Weighing or measuring your body regularly

Why might I have an eating disorder?

It is not always clear what causes eating disorders, but there are things that may influence or trigger it, such as:

- Controlling your emotions
- Anxiety or depression
- Feelings around perfection
- Fear of being or becoming overweight
- Bullying or peer pressure
- Traumatic events
- Loss of control in other parts of your life
- Social and media pressure

How can I help myself?

If you are worried that you have an eating disorder, you're not alone and it is important that you speak to someone you trust as soon as possible and/or seek medical advice from your GP.

- Try and make small changes to your unhealthy routines
- Having smaller meals if your worried about overeating
- Practice distraction techniques when you find yourself focusing on your body/weight
- Identify your triggers
- Be mindful of what you see and do online (e.g comparing yourself to others)
- Setting goals not related to food can help put a focus on something new
- Keep talking about your thoughts and feelings with someone your trust

We understand talking is not always easy and this may make you feel isolated and misunderstood. Organizations such as **BEAT** offer online chats and support groups where you can seek support from those who understand.



www.eyetoeye.wales

Useful Contacts

Eye to Eye Counselling Service:
01443 202940
Email: info@eyetoeye.wales

Beat Eating Disorders
www.beateatingdisorders.org.uk
Online chat and online peer support
via website

Childline
0800 1111
www.childline.org.uk (online chat available)

Helpful Resources

[Young Minds: Eating problems](#)

[BEAT: BLAST distraction techniques](#)

[Recovery Record: Eating Disorder
management \(APP\)](#)

[Rise up and Recover \(APP\)](#)



Eye to Eye Counselling Service
Parish Hall, Main Road,
Llantwit Fardre
Pontypridd, CF38 1PY

Tel: 01443 202940
Email: info@eyetoeye.wales

Charity No. 1170631