

# EATING DISORDERS AWARENESS WEEK 2022

## FIRST SIGNS OF AN EATING DISORDER

One of the first signs of an eating disorder could be becoming withdrawn, being less involved with your family and friends.

Eating disorders can be closely linked to other difficulties like:

- Compulsive exercise
- Poor body image
- Obsessive compulsive disorders and depression
- Both your mental and physical wellbeing are affected by your eating disorder

## SYMPTOMS OF AN EATING DISORDER:

- Having very strict habits, rituals, or routines around food
- Spending a lot of time worrying about your body weight and shape
- Avoiding socialising when you think food will be involved
- Deliberately making yourself sick or taking laxatives after you eat
- Eating very little food or eating large amounts of food in a short time in an uncontrolled way
- Excessive exercising – this might involve exercising when not physically well enough to do so, or feeling guilty or anxious about not exercising

## GETTING HELP

If you recognise that you have an eating disorder problem, it's really important to talk to someone who can help you.

Finding help at an early stage for your eating disorder is your first step to recovery.