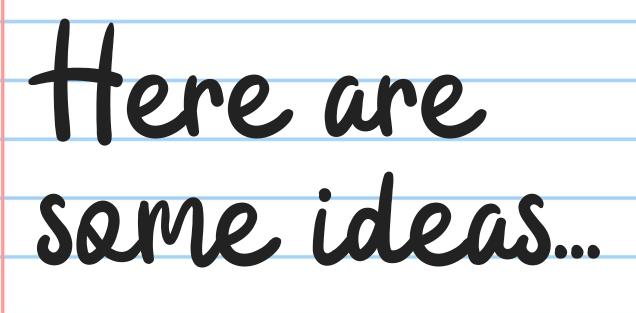
What are some tips for coping with eating disorder thoughts when you're at school?



"If you are finding lunchtime at school really difficult, I think what's key is communicating (or getting a parent to communicate) with your school about what your triggers are and finding alternatives."



"Feeling watched while eating can be a bit of a trigger, so I suggest finding a trusted adult who can support you with:

- Having a safe area that you can go to during difficult times
- (2) Giving you room to take your time with your lunch

(3) Minimising others being around you during lunchtime.

