

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

CHILDREN & YOUNG PEOPLE'S THERAPIST

Zoe



“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.”

Here are  
some ideas...

Zoe





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

- (1) 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.**



**Zoe**