



SUPPORTING PEOPLE WITH

EATING DISORDERS

ACROSS THE SOUTH & WEST

SUMMER SELF CARE



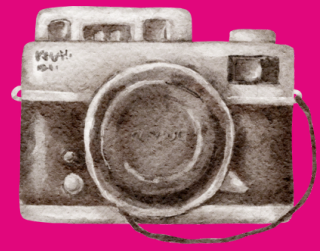


When you are living with an eating disorder or disordered eating, the summer holidays can be a tricky time.

We may be out of our normal routine, have less time for ourselves, or too much time alone. We might have events to go to that fill us with worry and pressure.

Here are some tips to help you get through the holidays





Be kind to yourself

The summer is full of extra triggers:

- Diet culture is at its loudest with the pressure to look 'beach ready'
- You might be worrying about how to dress during hot weather
- There may be demands placed on you by family and friends.

You're balancing a lot. Remember to give yourself some kindness during this time.

Water is so important!

Anxiety and stress can be made worse by not having enough water. Looking after yourself with the right amount of water, especially in the hot weather, can make a big difference for your body and mind.

Aim to drink 6-8 glasses of water (1.5-2L) in a day. During a heatwave, aim for 8-12 glasses (2-3L) if you can.





Connect with your support network

If you can, let friends or family know what helps you get through a tricky situation, or what things you may need to say no to in order to prioritise your recovery and health.

Develop a self-care plan

Include your support network in the plan. If possible, think of who you could speak to when things are feeling very difficult.

What activities help you feel calm and safe? What activities help you feel uplifted and forward-looking?





If things get really hard

Reach out if you notice the signs of a relapse (when ED thoughts and behaviours return for a long time).

On the next page are some helplines as a first point of contact if you need advice or a listening ear.



SUPPORTING PEOPLE WITH

EATING DISORDERS

ACROSS THE SOUTH & WEST

Helplines

SWEDA Mindline: 0300 330 5464

Lines are open on Tuesdays 8pm – 11pm and Sundays 11am – 2pm.

BEAT Helpline: 0808 801 0677

Lines are open Monday to Friday, 3pm – 8pm.

Mind Helpline: 0300 102 1234

Lines are open Monday to Friday, 9am – 6pm.

Samaritans: 116 123

Lines are open 24/7, 365 days a year.

Immediate help: if you are in danger of harming yourself or if your physical health is severely compromised, see your GP or call 999.