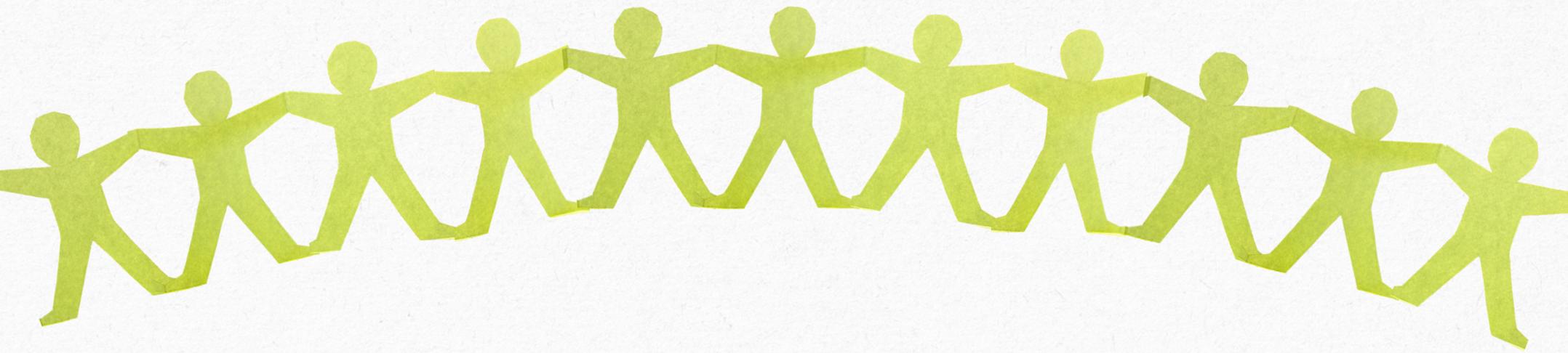


Things **EVERYBODY** can do to turn our

COMMUNITIES

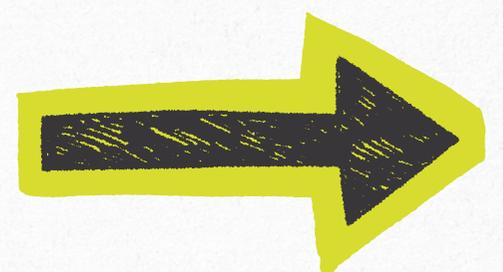
into more eating-disorder-aware spaces





Our friends and family, workplaces and clubs, any of the circles we move in, can really help or harm disordered eating and the recovery process.

Here are some pointers from the SWEDA team on what needs to change, and how...



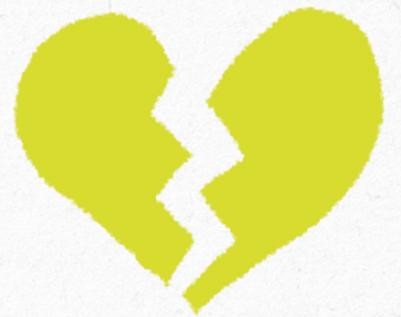
1

Moralising about what food we eat, or how much, can perpetuate shame and reinforce restrictive behaviours for people with EDs.

We might be causing harm by...

Talking about food as 'good' or 'bad', 'clean' or 'trash', a 'reward' or something 'shameful'.

Spreading fear about food groups with sweeping statements like 'X is a blood sugar nightmare'.



We can all help by...

Talking about food as fuel, as something that can bring nutrition, connection, or joy.

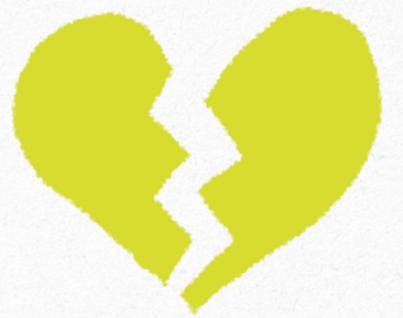


2

The way we talk about health and fitness online, among friends, at the gym, can also drive body image issues and reinforce obsessive exercise.

We might be causing harm by...

Overly focusing on numbers, step counts, gains, challenges, distances, calories, and beating personal records, when we talk about health and fitness.



We can all help by...

Focusing on the positives that movement in moderation can bring: mental stimulation, cardiovascular health, connection with others, getting outside and being in nature.



3

Our culture has normalised talking about other people's bodies in judgemental ways. It's time to challenge our habit of using appearance as a measure of our worth.

We might be causing harm by...

Commenting on changes in weight or appearance, even if we think we are giving someone a compliment.



We can all help by...

Focusing on non-physical aspects of people. There's a whole world inside each person that's SO much more interesting than how they look!

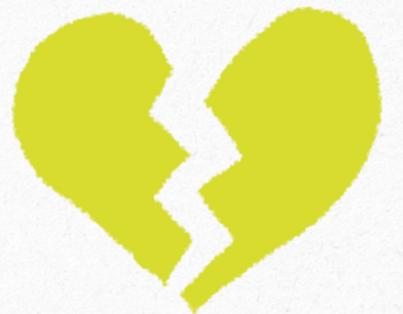


4

Perpetuating stereotypes about eating disorders means that we are collectively overlooking people who may be isolated and at risk.

We might be causing harm by...

Relying on stereotypes about EDs. Eating disorders do not have one 'look' about them.

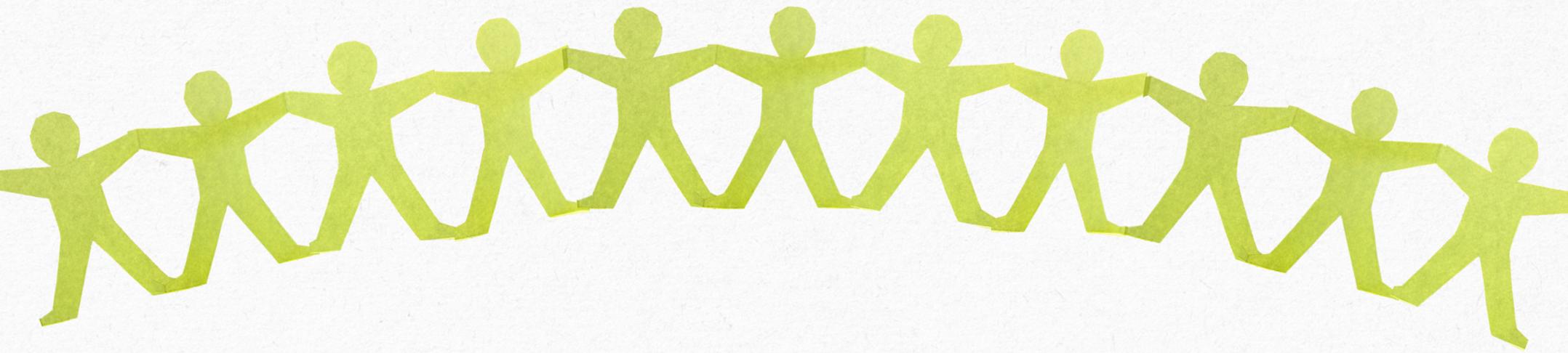


We can all help by...

Raising awareness that people of any shape, weight, gender, ethnicity, socio-economic class, can be affected by eating disorders.

Knowing how to spot the real signs of EDs. Supporting people to access help early on.





This year's EDAW theme is

COMMUNITY

Creating a ED-aware
community involves **all of us.**



In partnership with **Beat**
Eating disorders