

*Family and Friends Guide for  
Self-Care, Resilience and Hope*

...

**ACTIVITY JOURNAL**



Eating  
Recovery  
Center



Pathlight  
Mood &  
Anxiety  
Center

# WELCOME

Walking alongside your loved one on their recovery journey can be the most daunting, yet rewarding experience. As caregivers, we are in the unique position to offer encouragement, provide support and hold hope. We can be the light that illuminates their path. However, a lantern without oil cannot produce light. We too, need the tools and the guidance to stay the course. In this journal you will find activities for you and some for you to do with your loved one. Practicing self-care, developing resiliency and knowing that recovery is possible for your loved one will allow you to find a renewed sense of strength.

Wherever your loved one is on their journey, ERC and Pathlight are here to support you every step of the way. Enjoy this activity journal as you continue on your path of growing, learning and supporting your loved one.

---

**“ You don't have to see the whole staircase, just to take the first step. ”** – Martin Luther King Jr.



THIS ACTIVITY JOURNAL  
BELONGS TO



# Hope: Anything Is Possible and Within Reach

## *The Path I've Traveled*



Hiking has always been a love of mine. With every hike, I prepare by reviewing the trail guide, confirming the forecast and packing the essentials. Then at the trail head, I start off across the footpaths of the countryside knowing I'll be a different person when I return to that very spot at the end of my hike. With the challenges, the triumphs and my raised curiosity, each trip rejuvenates me.

My love for hiking might have something to do with the way I approach life. Don't get me wrong, I have not always been one for adventure, but somewhere along the way, I adopted a bold mindset. I try to meet each day with intention and possibility. When life doesn't offer guarantees, I anticipate challenges, celebrate triumphs and thrive on curiosity.

My approach was no different when I began to walk down the recovery path with my daughter. I educated myself to better understand the trail. I recognized that we would experience all types of weather. And I packed the essentials for both of us: encouragement, support and hope. Like many of my previous hikes, this trip across the countryside did not take place overnight; it was filled with ups and downs, twists and turns. No doubt it was a little more challenging than any other, but we made it back to the trail head.

*“In every walk with nature, one receives far more than he seeks.”*

– John Muir

I am a different person. My daughter is a different person. My family, too, has changed for the better. There are many paths to healing. As you head down your trail, know that recovery is possible. Prepare for the challenges. Anticipate triumphs. Let curiosity guide you and above all else, take care of yourself.

With much sincerity,

*Beth Ayn*

Beth Ayn Stansfield, MEd  
National Family Advocate



# Hope

Verb | /hōp/

The belief that anything is possible and within reach.

The act of staying faithful to yourself and not giving in to your fears.



# Path to Recovery: Family & Friends Resources

We honor the many paths it takes to heal, and we thank you for trusting us to support you along the way. As you navigate the recovery journey with your loved one, take advantage of the many resources offered by Eating Recovery Center and Pathlight Mood & Anxiety Center (ERC Pathlight).

## ERC Hope Orientation for Family & Friends

A virtual orientation for families and friends to learn what to expect from treatment, programming basics and next steps. The Hope Orientation helps you establish a strong foundation and gives you a compass for where you and your loved one are headed on their treatment and recovery journey.

[EatingRecoveryCenter.com/Hope-Orientation](https://EatingRecoveryCenter.com/Hope-Orientation)

## Virtual Family & Friends Education Series

An interactive, weekly education series designed specifically for families and friends who have a loved one currently or previously in treatment at ERC or Pathlight. The series provides the opportunity to gain powerful insights into mental health conditions and their most effective treatment. In addition, the series teaches skills that will help you better support your loved one after treatment and throughout recovery.

[EatingRecovery.com/FamilyFriendsSeries](https://EatingRecovery.com/FamilyFriendsSeries)

[PathlightBH.com/FamilyFriendsSeries](https://PathlightBH.com/FamilyFriendsSeries)

## Virtual Family & Caregiver Support Groups

Weekly virtual support groups that offer support, education and connection with other individuals with shared experiences. These groups are open to family members and caregivers.

[EatingRecoveryCenter.com/Support-Groups](https://EatingRecoveryCenter.com/Support-Groups)

[PathlightBH.com/Support-Group](https://PathlightBH.com/Support-Group)

## ERC Family & Friends Resource Guide

An informative guide that provides a general overview of treatment, what to expect while your loved one is at ERC and supportive resources.

[EatingRecovery.com/FamilyResources](https://EatingRecovery.com/FamilyResources)

## Eating Disorders: Family Connection Facebook Page

A closed Facebook group for families and friends who are supporting a loved one with an eating disorder. Family members and friends can interact with other caregivers to share triumphs and challenges, as well as resources.

[facebook.com/groups/EatingDisordersFamilyConnection](https://facebook.com/groups/EatingDisordersFamilyConnection)



# Getting to Know Yourself Exercise

Take time to explore what is important to you – what you value. Living by our values allows us to live a life filled with energy, meaning and contentment. Answer the following prompts with as many or as few words as you wish, and remember that there are no wrong answers.

**Tip!**

**“In order to be yourself, you have to know yourself.”**  
– Dr. Mariette Jansen

**1**

**What do I believe creates a life worth living?**

**2**

**If I could do anything, what would I do over the next five years?**

**3**

**What is one thing I appreciate about myself?**



# Getting to Know Yourself Exercise (continued)

**4** What activity gives me the most peace?

**5** What are my top five values?

**6** Am I living according to my values?

**7** If not, what activities can I add to live life according to my values?

**8** If yes, what valued activities can I continue to add to my routine?





As long  
as we have  
**hope,**  
we have  
**direction,**  
the  
**energy**  
to move and the  
**map**  
to move by.

~Lao Tzu



# The Game of Self-Compassion

Either played alone or with a friend or with a family, enjoy this self-compassion card game. Cut out the activity cards: place one card down at a time and follow the prompts. When playing with others, take turns to place a card down and answer the prompt.

**Tip!**

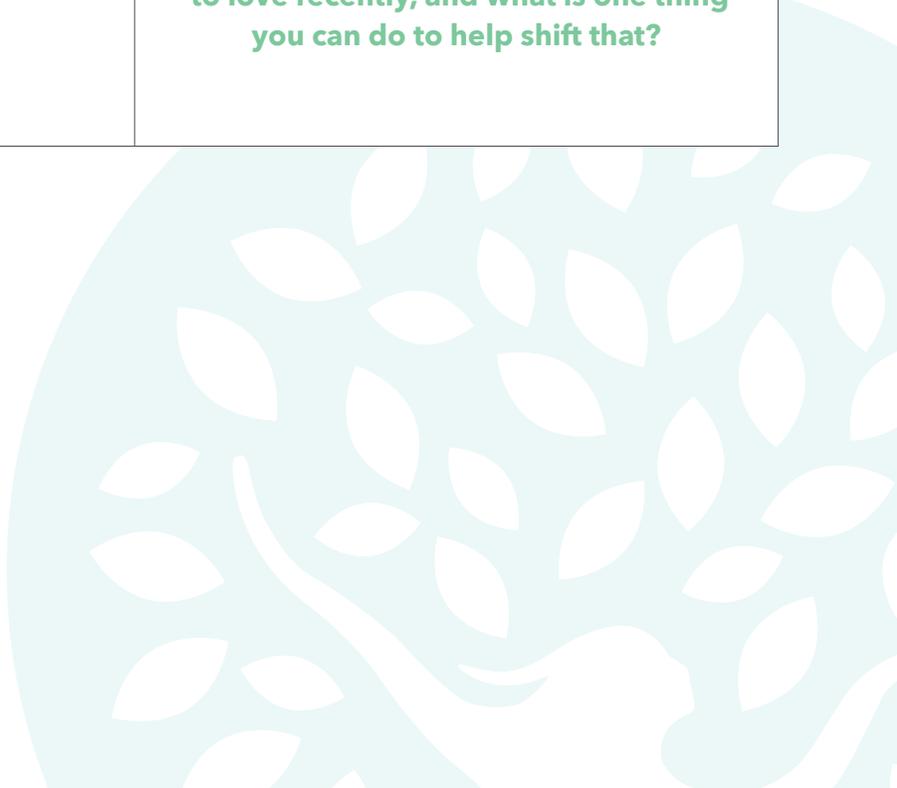
"Self-compassion means you are kind and understanding when confronted with personal failings – after all, who ever said you were supposed to be perfect?" – Kristin Neff

<p><b>Name one personality trait that you like the most about yourself, and a time when this trait served you well.</b></p>	<p><b>Describe the last time you gave yourself self-compassion.</b></p>
<p><b>What are two ways you practiced self-care this week?</b></p>	<p><b>What is your favorite way to treat yourself and how can you practice it?</b></p>
<p><b>Name three things you like about yourself or your life right now.</b></p>	<p><b>What is your goal for self-compassion this week?</b></p>
<p><b>What is one way you will attempt to practice mindfulness this week?</b></p>	<p><b>Raise your hand if you tend to over-apologize. For the rest of the day, if you over-apologize, say three things you do well.</b></p>



# The Game of Self-Compassion (continued)

<p><b>Set an intention for the week.</b></p>	<p><b>Say one kind thing to yourself.</b></p>
<p><b>Gift this card to one person and tell them two things you like about them.</b></p>	<p><b>State your favorite compliment you either received, heard or have given to someone else in recent memory.</b></p>
<p><b>What is one boundary you are very good at setting or would like to get better at setting?</b></p>	<p><b>What is the kindest act you've done for another person in recent memory?</b></p>
<p><b>What is one way you can be kinder to yourself this week?</b></p>	<p><b>Who have you been struggling to love recently, and what is one thing you can do to help shift that?</b></p>



# Self-Compassion Break

You can refer to this self-compassion break any time of the day or night to remind yourself of the three aspects of self-compassion: this is a moment of suffering; suffering is a part of life and may I be kind to myself?

Tip!

Self-compassion is defined as being kind and understanding toward oneself during times of distress. It offers several benefits, including lower levels of anxiety and depression.

**Think of a situation in your life that is difficult – that is causing you stress. Call the situation to mind and see if you can actually feel the stress and emotional discomfort in your body. Now say to yourself:**

**1 This is a moment of suffering. (That’s mindfulness.)**

Other options include:

- This hurts.
- Ouch.
- This is stress.

**2 Suffering is a part of life. (That’s common humanity.)**

Other options include:

- Other people feel this way.
- I’m not alone.
- We all struggle in our lives.

**Now put your hands over your heart, feel the warmth of your hands and the gentle touch of your hands on your chest. Or adopt the soothing touch you discovered felt right for you. Now say to yourself:**

**3 May I be kind to myself?**

You can also ask yourself, “What do I need to hear right now to express kindness to myself?” Is there a phrase that speaks to you in a particular situation, such as:

- May I give myself the compassion I need?
- May I learn to accept myself as I am?
- May I forgive myself?
- May I be strong?
- May I be patient?

**Website:** [www.self-compassion.org/exercise-2-self-compassion-break/](http://www.self-compassion.org/exercise-2-self-compassion-break/)

**Author:** Dr. Kristin Neff



# Highlighting Your Positive Qualities

We all possess a number of positive qualities. Recognizing these personal attributes helps us strengthen our self-esteem and develop stronger connections with others.

**Interactive Tip!**

**“Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well.” – Voltaire**

1. Choose three qualities from the list below to complete the column titled “Qualities I am Grateful For.”
2. Swap your list with your loved one.
3. Complete the column titled “How These Qualities Have Helped Me.” (This is where each of you has the opportunity to write down how the qualities selected by your loved one have impacted you in a positive way.)
4. Take the time to share, discuss and identify a future date to repeat this exercise.

Determined	Being Supportive	Imaginative	Constructive	Observant
Resourceful	Respectful	Active Listener	Collaborative	Curious
Trustworthy	Insightful	Appreciative	Tolerant	Flexible
Perceptive	Open-Minded	Thoughtful	Being Mindful	Realistic
Adventurous	Purposeful	Inventive	Convincing	Forgiving
Grateful	Clever	Attentive	Humble	
Adaptable	Consistent	Interesting	Frank	

Examples:

## Qualities I Am Grateful For

Being Mindful

Forgiving

## How These Qualities Have Helped Me

Not to rush. You notice and appreciate the people and the things you run across each day. I need to slow down.

You remind me that we all make mistakes, and it's okay. I need to be gentler to myself. I need to view mistakes as opportunities.



# Highlighting Your Positive Qualities (continued)

YOUR LIST:

**Qualities I Am Grateful For**

**How These Qualities Have Helped Me**



YOUR LOVED ONE'S LIST:

**Qualities I Am Grateful For**

**How These Qualities Have Helped Me**



# Self-Care Checklist

Taking time for ourselves is an important aspect of self-care. Practicing self-care allows us to show up more fully in our lives. Use this Self-Care Checklist as a reminder to practice the basics, to feel the feels and to have a little fun!

**Interactive Tip!**

**"It is important to take time for yourself and find clarity. The most important relationship is the one you have with yourself."**

– Diane Von Furstenberg

## Self-Care CHECKLIST

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<i>Basic</i>							
Get a good night's sleep							
Brush your teeth							
Take a shower							
Drink water							
<i>Physical</i>							
Get fresh air							
Take a nap							
Take a walk							
Try a face mask							
Have a dance party							
<i>Mental/Emotional</i>							
Make time for self-reflection							
Meditate							
Call an old friend							
Write a letter							
Walk a neighbor's dog							



# Self-Care Bingo

We know that self-care improves overall health and wellness. Use this Self-Care BINGO card to connect with and support your loved one in a fun way. You and your loved one should each have a self-care BINGO card. Mark off each box as you complete each self-care activity.

**Interactive Tip!** Periodically check in with your loved one on their Self-Care BINGO status and invite them to do the same with you.

YOUR BINGO CARD:

SELF-CARE BINGO				
Took a nap 	 Gave myself a positive affirmation	 Read a book	 Drank water	Called a friend or family member
 Asked for help	Listened to a podcast	 Made myself smile	Got dressed today	Sat with my feelings
 Tried something new	Moved my body joyfully	<b>FREE SPACE</b>	Worked on a hobby	 Spent time outside
Gave someone a supportive compliment	 Got 7-9 hours of sleep	Did something spontaneous	 Made the bed	Disconnected from electronics and/or social media
 Made someone else smile	 Made time for myself	 Listened to music	Attended a support group or therapy session	 Took a shower



# Self-Care Bingo (continued)

YOUR LOVED ONE'S BINGO CARD:

SELF-CARE BINGO				
<p>Took a nap</p> 	 <p>Gave myself a positive affirmation</p>	 <p>Read a book</p>	 <p>Drank water</p>	<p>Called a friend or family member</p>
 <p>Asked for help</p>	<p>Listened to a podcast</p>	 <p>Made myself smile</p>	<p>Got dressed today</p>	<p>Sat with my feelings</p>
 <p>Tried something new</p>	<p>Moved my body joyfully</p>	<p>FREE SPACE</p>	<p>Worked on a hobby</p>	 <p>Spent time outside</p>
<p>Gave someone a supportive compliment</p>	 <p>Got 7-9 hours of sleep</p>	<p>Did something spontaneous</p>	 <p>Made the bed</p>	<p>Disconnected from electronics and/or social media</p>
 <p>Made someone else smile</p>	 <p>Made time for myself</p>	 <p>Listened to music</p>	<p>Attended a support group or therapy session</p>	 <p>Took a shower</p>



# Relationship-Care Checklist

Solid relationships are shown to be vital to our mental and emotional well-being. These types of relationships can lower our anxiety and depression, help us regulate our emotions and lead to higher self-esteem. Use this Relationship-Care Checklist to not only gain ideas on how to better connect with your loved one but to remember to engage with and support them.

**Interactive  
Tip!**

Each week, choose one idea from the checklist or create an idea of your own to engage with your loved one.

- Slip a homemade card in their lunch.
- Put a smiley face on their car window.
- Leave a thoughtful sticky note on their bedroom dresser.
- Ask for an opinion.
- Send a funny text message.
- Ask how they are feeling.
- Watch a favorite childhood movie together.
- Send a care package.
- Offer a random compliment.
- \_\_\_\_\_
- Text a favorite image.
- \_\_\_\_\_



# Five Senses Grounding Activity

Grounding practices can help bring yourself into the present moment – the here and now. Grounding allows individuals to step away from unwanted thoughts and negative or challenging emotions.

Use the Five Senses Grounding Activity to help calm down your body and mind when negative emotions start to take over. In one sitting, identify five things you can see, four things you can feel, three things you can hear, two things you can smell and one thing you can taste.

**Interactive  
Tip!**

You may want to practice this activity with your loved one for the first time to put it to memory.

YOUR RESPONSES:



**5** Things You Can See

---

---

---

---

---



**4** Things You Can Feel

---

---

---

---



**3** Things You Can Hear

---

---

---



**2** Things You Can Smell

---

---



**1** Thing You Can Taste

---



# Five Senses Grounding Activity (continued)

YOUR LOVED ONE'S RESPONSES:



**5** Things You Can See

---

---

---

---

---



**4** Things You Can Feel

---

---

---

---



**3** Things You Can Hear

---

---

---



**2** Things You Can Smell

---

---



**1** Thing You Can Taste

---



# Gaining Support From Others

We can all use a little support now and then. To plan for those occasions, complete the following exercise with your loved one.

- Read and then respond to each of the prompts by filling in the blanks below.
- Once completed, take turns with your loved one sharing your responses with each other.
- Plan on a future date to repeat this exercise with your family member or friend.

**Interactive  
Tip!**

Initially, you and your loved one will complete the prompts independently before sharing.



# Gaining Support From Others (continued)

## YOUR RESPONSES:

1. I feel encouraged when...

---

2. It's helpful when you...

---

3. If you see me struggling, could you...

---

4. To help me, I need...

---

5. Compliments are best when...

---



---

## YOUR LOVED ONE'S RESPONSES:

1. I feel encouraged when...

---

2. It's helpful when you...

---

3. If you see me struggling, could you...

---

4. To help me, I need...

---

5. Compliments are best when...

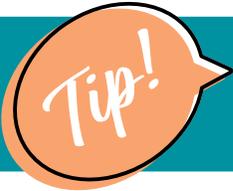
---



# Evening Gratitude Practice

In positive psychology research, gratitude is shown to boost happiness. It allows us to shift our attention from negative emotions and thoughts to those things that bring us joy and contentment. Use the following exercise to develop your own gratitude practice.

Throughout the day, notice good things – look for them and appreciate them. At the end of the day, reflect on and respond to the following questions: What caught my attention today? What did I see or hear that inspired me today? Who made a difference in my life?



Fill in the provided blanks with your responses and share your list with your loved one who may want to join you in this practice. Each day continue to enjoy this simple yet powerful gratitude exercise.

The form consists of a large jar on the right side, containing several small flowers. Lines connect these flowers to horizontal writing lines on the left side of the page. There are five writing lines in total, each corresponding to a flower in the jar. The flowers are simple line drawings with yellow centers. The writing lines are horizontal and extend to the left of the jar.



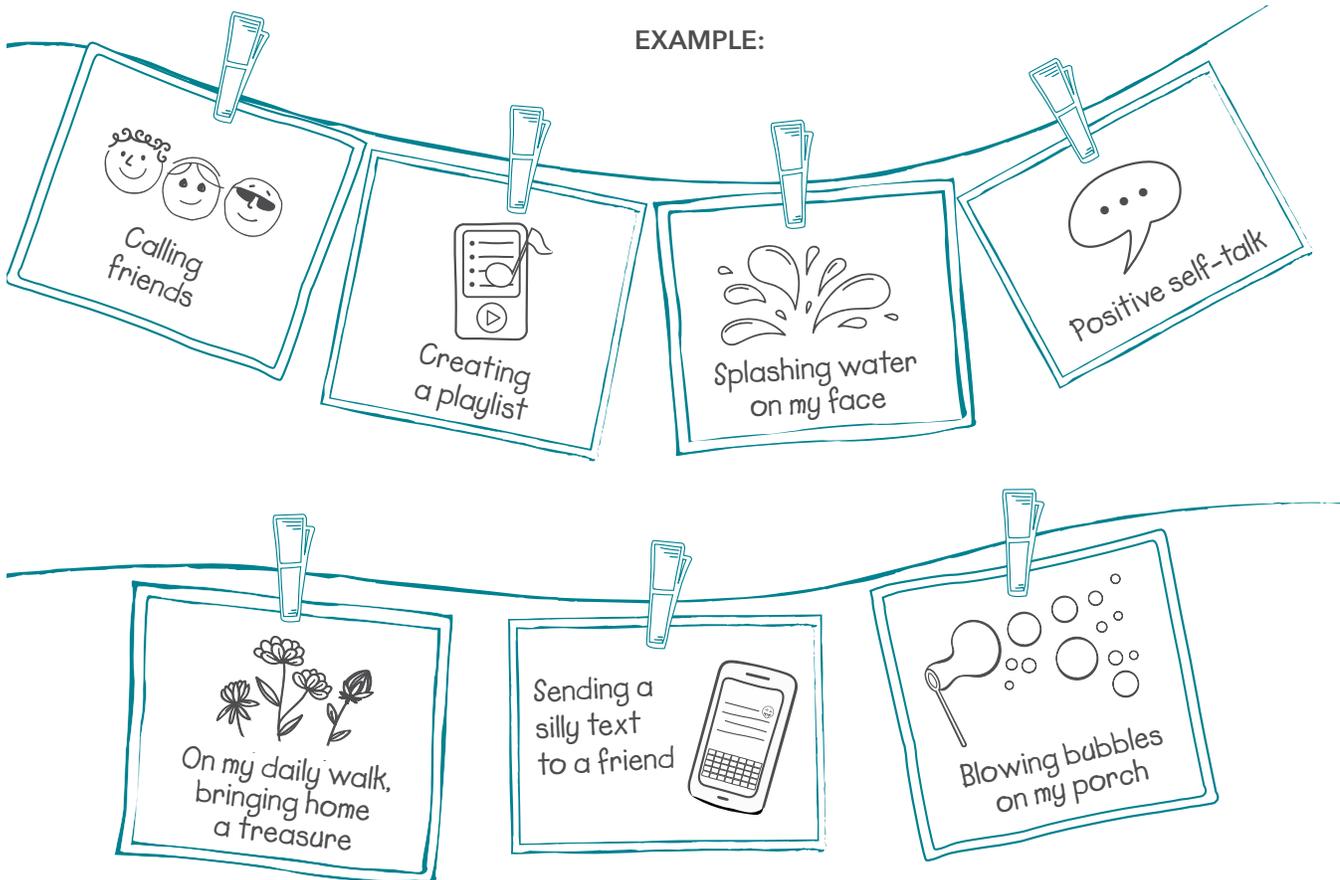
# Staying the Course

Life's path is filled with twist and turns, ups and downs. To stay the course, it helps to lean on others and to engage in healthy activities. Take the time to reflect. Create a picture for each frame. Include individuals and activities that have helped you support your loved one's path to recovery.

**Interactive Tip!**

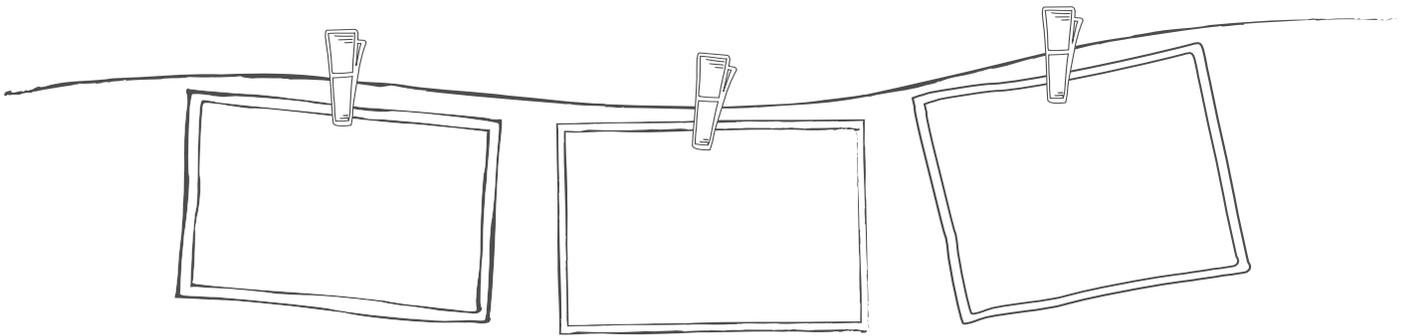
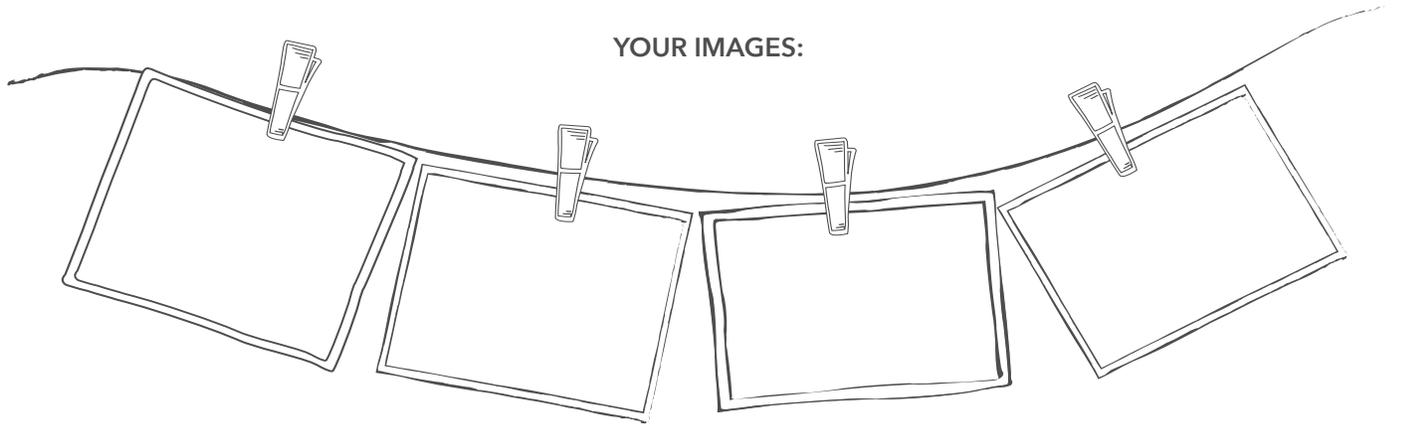
Encourage your loved one to take part. Use this as an opportunity to exchange ideas so that each of you can add to your existing line of photos.

EXAMPLE:

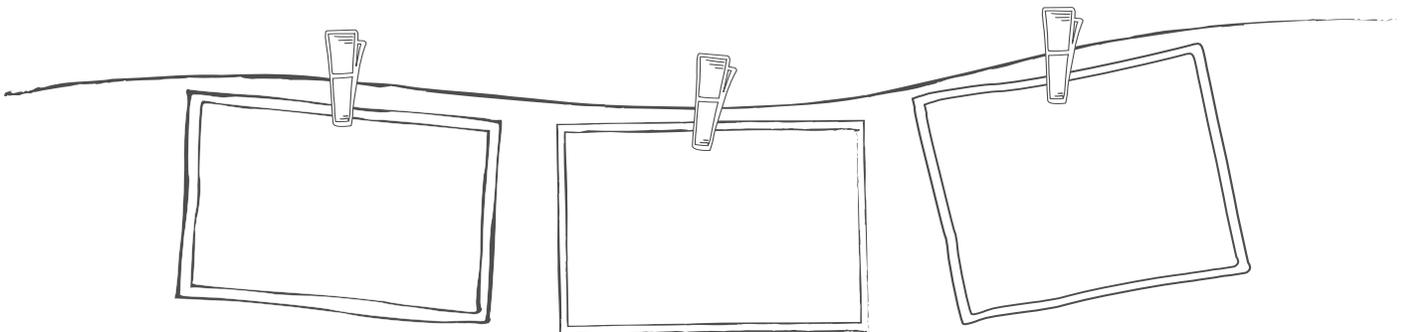
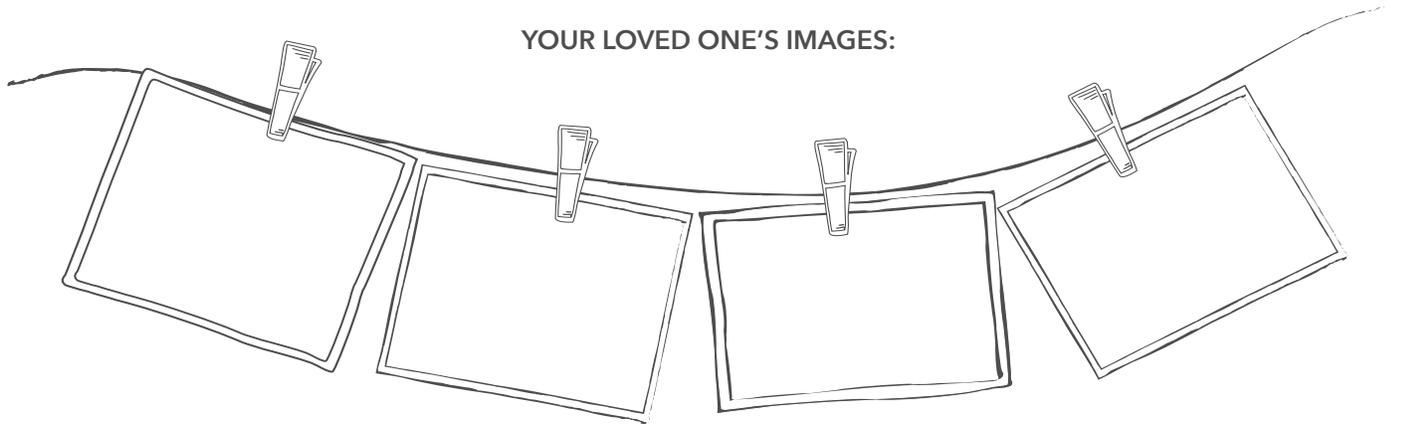


# Staying the Course (continued)

YOUR IMAGES:



YOUR LOVED ONE'S IMAGES:



**Hope**  
is being able to  
**see**  
that there is  
**light**  
despite all  
of the  
**darkness.**

~ Desmond Tutu

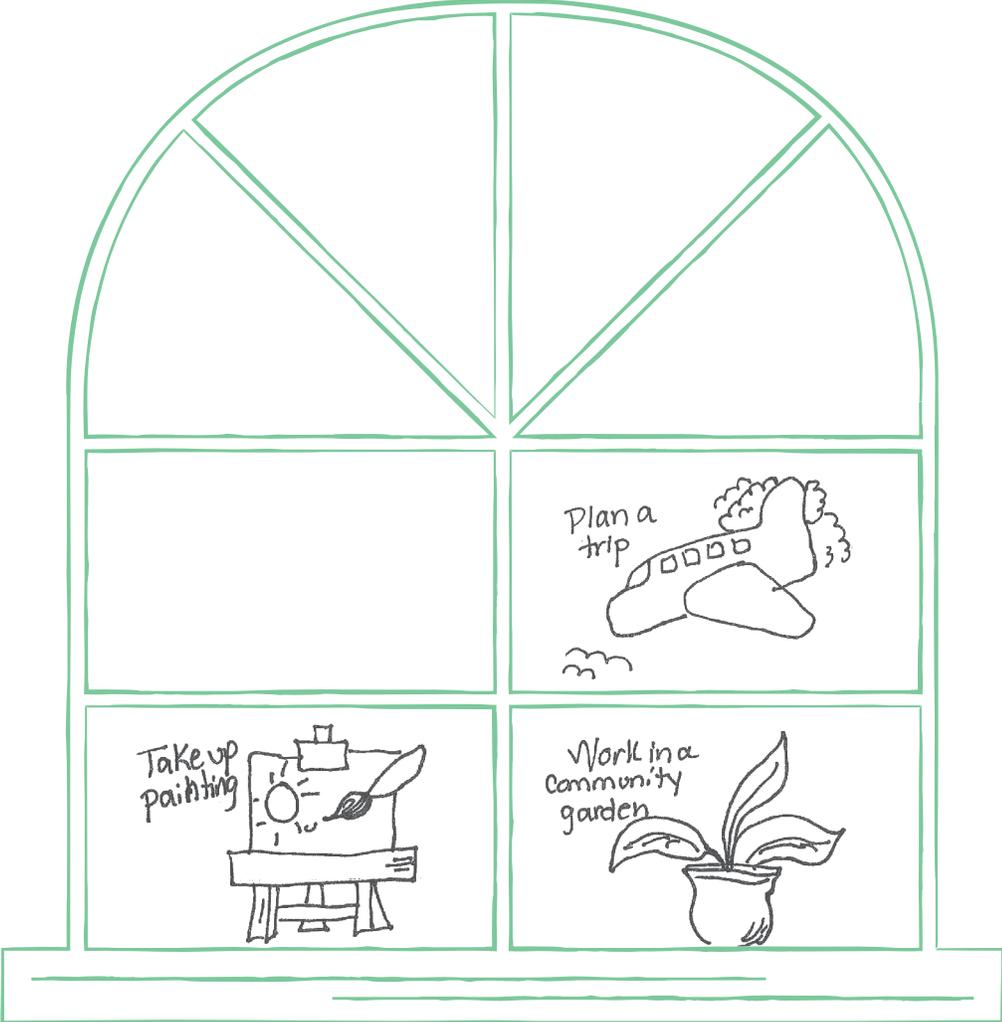


# Hope. Desires. Aspirations.

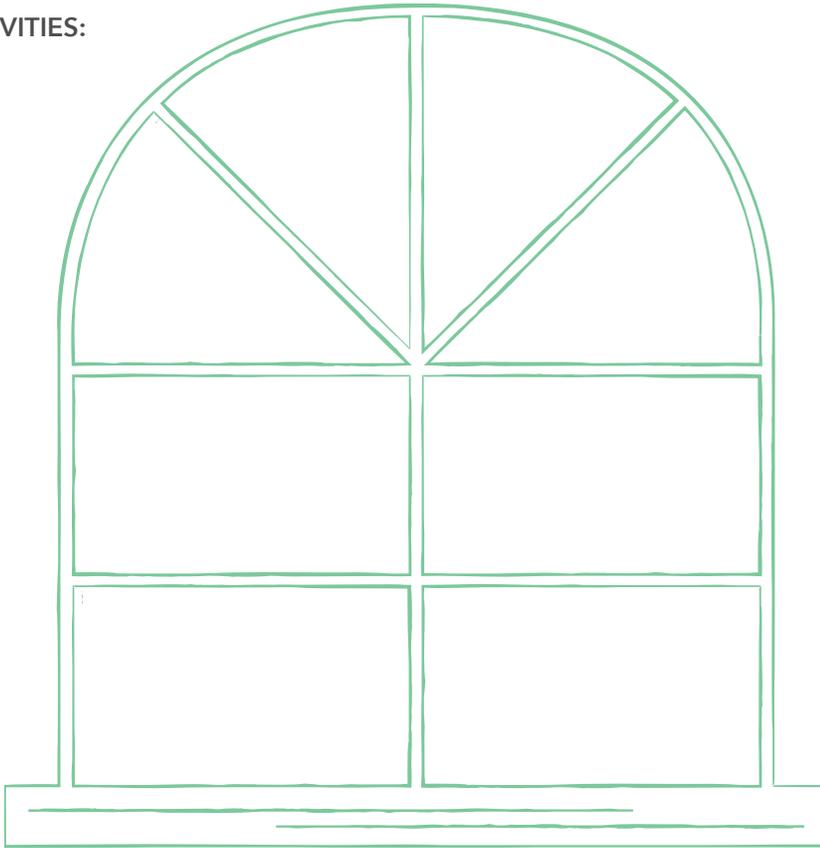
Living in the moment is important to stay present. It is also important to have something to look forward to. Looking forward to future activities and events can energize us and help us move through challenging times. Take this moment to think about the future. Where do you hope to see yourself? What are some of your desires?

**Interactive Tip!** With your loved one, take turns filling in the windowpanes with either pictures or words that best illustrate your responses to the above questions.

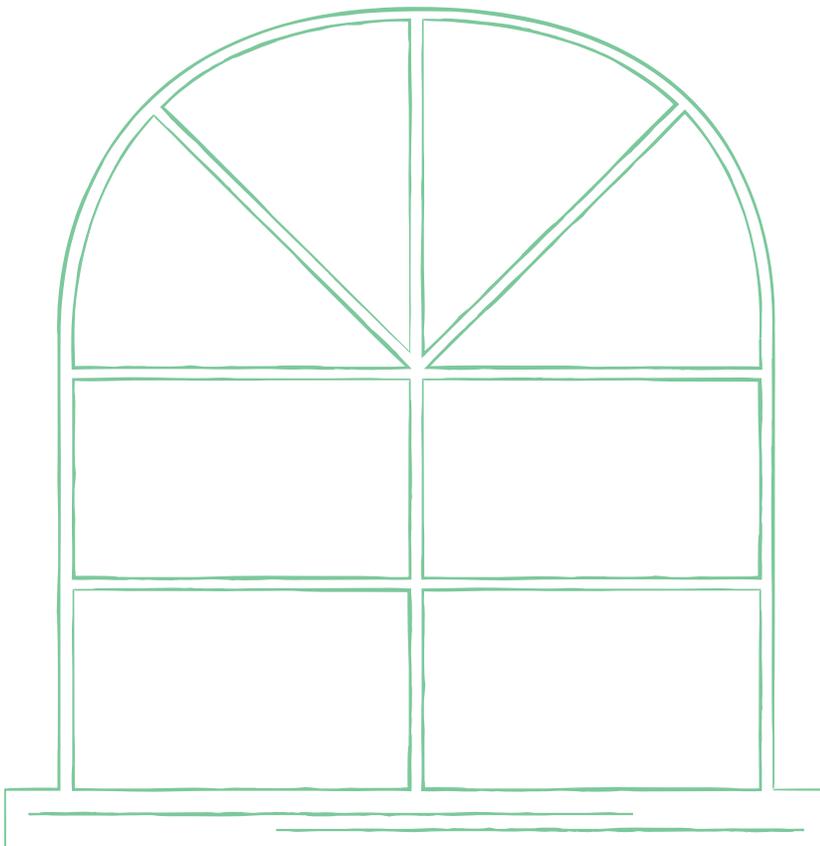
EXAMPLE:



**YOUR FUTURE ACTIVITIES:**



**YOUR LOVED ONE'S FUTURE ACTIVITIES:**

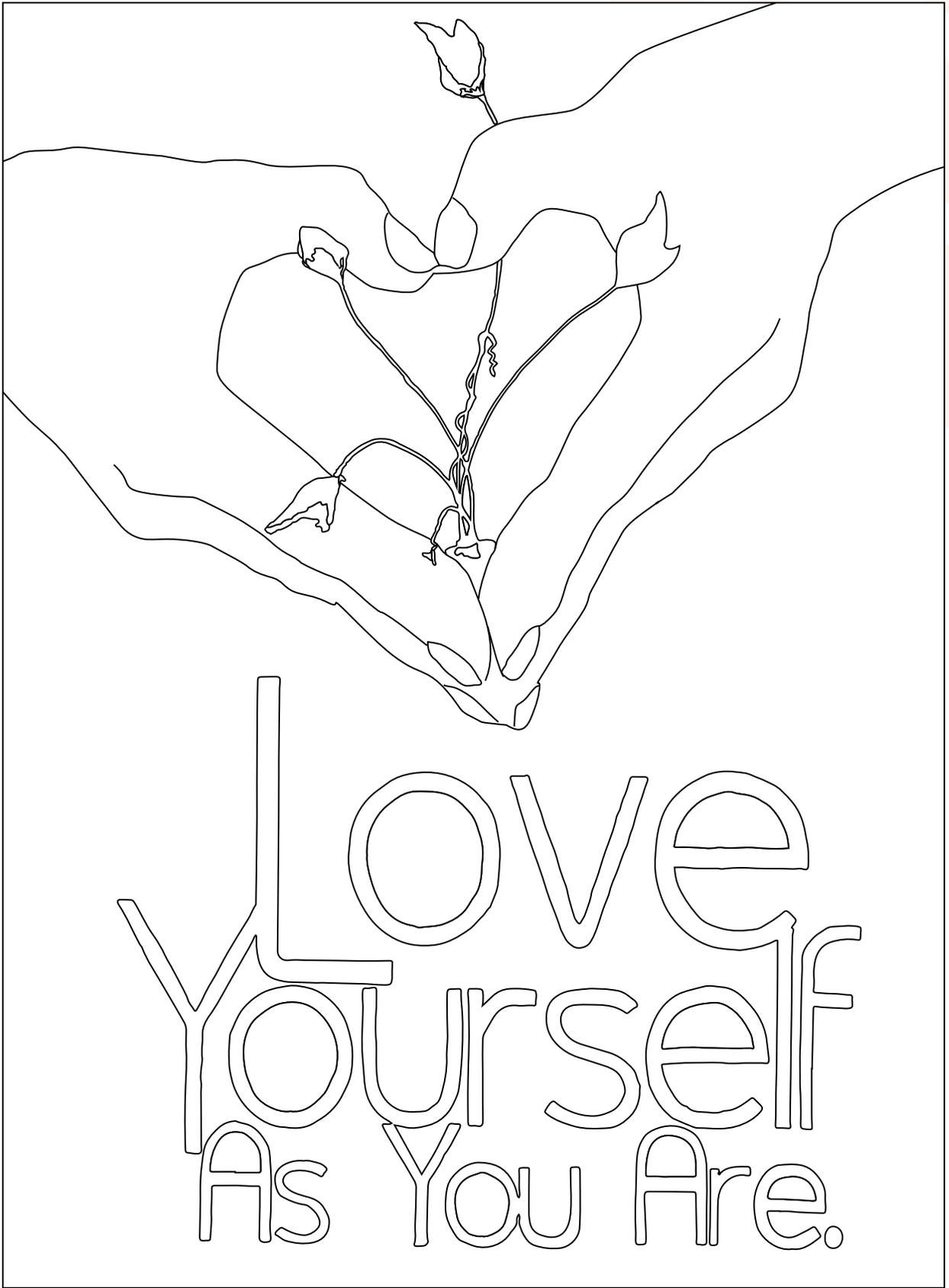


## *Love Your Tree Coloring Pages*

**Love Your Tree is a national arts-based program for people of all ages focused on cultivating self-compassion, body acceptance and positive mental well-being through creativity, community connection and self-reflection.**

The tree is a universal symbol for growth, resilience, strength and the beauty of individual differences and diversity. Just like humans, every tree in the forest is unique, yet trees remain connected to one another and the world around them in powerful ways. Through participation in Love Your Tree (LYT), people of all ages are encouraged to explore the tree metaphor and share creative expressions of acceptance, gratitude for the unique form of our bodies and our lives, and the many ways in which we get stronger and heal through connection with others.





Ayana O., *Love Yourself As You Are*  
Age Category: 15-18





Veronica V., *Tree Buds*  
Age Category: 11-13





# Love Your Tree

Kiley B., *Renewal*  
Age Category: 15-18





Tavi S., *Body Positive Tree*  
Age Category: 15-18

---

## *Create Your Own Love Your Tree*

Spend some time creating an original piece of creative art. Remember, artwork is a broad term that includes any application of your creativity and imagination! Entries may include art in all its forms (posters, poems, collages, spoken word, TikTok videos, choreography, sculpture, etc.). As long as you can send it (or a photo of it) to us, it belongs in the Love Your Tree gallery!

To find out more and participate, visit us at [LoveYourTree.org](https://LoveYourTree.org). Share your finished tree on social media and tag us with **@EatingRecovery @PathlightBH #LoveYourTree**



## *Experience the Benefits of Journaling*

**Along with the other practices throughout this activity book, journaling is encouraged by the Eating Recovery Center and Pathlight Mood & Anxiety Center because of the numerous benefits. We invite you to use the remaining pages in this book along with the suggested prompts to continue your self-care and self-compassion journey.**



# Journaling Ideas



1. Which character from a book would you most like to meet? Why?
2. What if you woke up one morning to find yourself invisible?
3. When you go outside, which of your senses are you most thankful for? Why?
4. What is the most important quality for a friend to have? Explain?
5. Would you rather live in a secret forest or on a desert island? Elaborate.
6. Name a person you are grateful for? Why?
7. What do you need more of in your life, and less of? Why?
8. Write a letter to someone who you always wanted to thank.
9. If you were a superhero, what superpower would you like to have and how would you use it?
10. Where's one place that you'd like to visit, and how do you imagine your time there?
11. What meaning does your favorite song hold for you?



# Notes



# Notes



# Notes



# Notes



Our mission is to take the very best care of patients, families, providers and our teammates as we deliver the highest-quality treatment for patients with eating disorders and mood disorders.



Eating  
Recovery  
Center



Pathlight  
Mood &  
Anxiety  
Center



1-877-825-8584 | [EatingRecovery.com](http://EatingRecovery.com) | [PathlightBH.com](http://PathlightBH.com)