



While the holiday season can be joyful, it also presents unique challenges for those who have struggled with an eating disorder. This guide includes practical tips and strategies to help loved ones better understand these challenges and provide meaningful support. Fill it out and share with loved ones to start conversations and gently guide them in offering the support you need.

➤ WAYS YOU CAN SUPPORT ME:

HELP ME SET AND HOLD BOUNDARIES

- Steer conversations with family members toward different topics if food or body size comes up
- Stand up for me – taking up space and setting boundaries on my behalf so I can focus my energy on my own well-being/experience/plate, etc.
- _____

CHECK IN WITH ME

- Here's how you can check in with me:
 - Verbally check in
 - Give me a hug
 - Stand by me
 - Allow me space to cry or share emotions
 - Remind me to be gentle with myself
 - Say my mantra to me
 - Write mantra here: _____

HELP ME MAINTAIN A CONSISTENT EATING SCHEDULE

- Make sure I have (check all that apply):
 - Breakfast, lunch and dinner
 - Three meals and three snacks
 - _____ meals and _____ snacks
- Help me with plating my food
- Eat with me

SUPPORT MY ALONE TIME

- In my room
- Taking a drive
- Calling my friends
- Away from family
- Joining a support group
- _____

ENCOURAGE QUALITY TIME WITH PEOPLE I FEEL SAFE WITH:

- _____
- _____
- _____

CELEBRATE SMALL WINS WITH ME

- _____
- _____
- _____

SUPPORT MY COPING SKILLS

- Utilizing fidget toys
- Calling or texting a supportive friend/family member
- Fact checking
- Journaling
- Sharing gratitude (verbally or written)
- Meditation or mindfulness
- _____
- _____
- _____

REVIEW MY RELAPSE PLAN: [Bit.ly/4f8sAZQ](https://bit.ly/4f8sAZQ)

OTHER WAYS YOU CAN HELP

- _____
- _____
- _____

➤ KINDLY AVOID THE FOLLOWING:

- Stating numbers such as calories, weight, size, etc.
- Making negative comments about my or another person's body
- Commenting on how much anyone is or isn't eating
- Making judgments about food and food choices
- Making judgments about my clothes or style
- Other things to avoid:
 - _____
 - _____
 - _____

➤ RESOURCES TO LEARN MORE

- Eating Disorder Recovery During the Holidays: [Bit.ly/3BPtlc4](https://bit.ly/3BPtlc4)
- Weight Stigma Unlearning Series: [Bit.ly/4eNjGBw](https://bit.ly/4eNjGBw)
- Home for the Holidays: Pack Your Recovery: [Bit.ly/4eMCVuZ](https://bit.ly/4eMCVuZ)
- Recommended Readings: [Bit.ly/4eOUA57](https://bit.ly/4eOUA57)

➤ SUPPORT GROUPS

- Eating Recovery Center
- Eating Disorder Foundation
- ANAD
- National Alliance for Eating Disorders

Thank you for taking the time to understand how you can support me during this season. Your care and attention mean so much, and together we can create a positive, nurturing environment that helps me stay on track. I appreciate your love, patience and willingness to respect my needs as we navigate the holidays together.

To learn more about free community resources and education, email Resources@ERCPATHLIGHT.COM

Contact us to schedule a free assessment with a master's-level clinician. [1-877-825-8584](tel:1-877-825-8584) | EatingRecovery.com