

## SUPPORT RECOVERY THROUGHOUT THE HOLIDAYS

The Holiday Season can be a stressful time for someone who is in recovery from an Eating Disorder. Here are some tips on how to support your loved one in recovery during the Holidays

**DO: REDEFINE CELEBRATIONS**

**DON'T: LET FOOD DEFINE THE OCCASION**

PRIORITIZE SHARED EXPERIENCES OVER MEALS BY FOSTERING MEANINGFUL CONVERSATIONS AND MEMORABLE CONNECTIONS BEYOND THE DINNER TABLE

**DO: ENCOURAGE MINDFUL MOMENTS**

**DON'T: LET STRESS OVERWHELM THE PRESENT**

PRACTICE MINDFULNESS—THROUGH WALKING, BREATHING EXERCISES, OR MEDITATION—TO RELIEVE HOLIDAY STRESS

**DO: PLAN NON-FOOD ACTIVITIES**

**DON'T: RELY SOLELY ON MEALS FOR FUN**

PLAN ACTIVITIES THAT AREN'T FOCUSED ON FOOD, SUCH AS MOVIE NIGHTS, GAME TOURNAMENTS, OR HOLIDAY CRAFTS TO ENCOURAGE CONNECTION

**DO: EMBRACE GRATITUDE**

**DON'T: FOCUS SOLELY ON THE FEAST**

PROMOTE GRATITUDE BY ENCOURAGING EVERYONE TO SHARE WHAT THEY APPRECIATE, FOCUSING ON PEOPLE AND POSITIVES RATHER THAN JUST THE MEAL

**DO: CREATE A SUPPORTIVE ENVIRONMENT**

**DON'T: OVERLOOK EMOTIONAL NEEDS**

CREATE A SAFE SPACE AND COMMUNICATE OPENLY TO SUPPORT YOUR LOVED ONE, EMPOWERING THEIR CONFIDENCE AND SELF-CARE DURING THE HOLIDAYS

**DO: SHIFT CONVERSATIONS AWAY FROM FOOD OR BODY**

**DON'T: COMMENT ON HOW PEOPLE LOOK, OR WHAT OR HOW MUCH THEY ARE EATING**

LET THEM KNOW YOU CARE BUT AVOID COMMENTING ON THEIR FOOD OR BODY. IF SUCH COMMENTS OCCUR, CHANGE THE SUBJECT AND CHECK IN WITH THEM

WITH SHARED HOPE.  
ESPERANZA

