



# CONNECTION



*EATING DISORDER RECOVERY HAPPENS THROUGH CONNECTION*



## HOLIDAYS BRING DIFFERENT JOYS & CHALLENGES FOR EATING DISORDER PATIENTS IN 2020

This holiday season will be different, as all of 2020 has been. We are all in new territory and there will be unanticipated situations to work through, but some of the holiday season challenges for our patients remain the same.

This year, many families will be gathering in smaller groups than in years past. For the patient, this may create loneliness that some loved ones are not present, but the smaller setting may also be less stressful for the patient to navigate family dynamics. Smaller groups also allow for deeper connections with those present and may result in a less chaotic, frenzied atmosphere. There are also opportunities for reaching out to loved ones who cannot be present in different ways. Perhaps multiple small gatherings are a possibility. For loved ones confined in a care facility, creating a basket of their favorite things or a photo album puts the focus on others, not self, and gives the patient a creative outlet. Of course technology allows for connection across the miles and will be a big part of holiday celebrations this year. So consider reaching out to friends and family who don't live near by.

Holidays traditionally mean travel and vacations for some families. As many choose to stay home because of health and safety concerns, there may be feelings of loss and sadness. But this is also an opportunity for families to remain on schedule and meal plan, rather than perhaps suffering a recovery setback with different schedules and a focus on vacation activities instead of recovery.

College students will be returning home for extended holiday breaks this year. Parents have a unique opportunity to check in and observe eating patterns to catch a new eating disorder early or to see signs of relapse before recovery is derailed. There are also new options for treatment for college students, starting during the extended break and continuing forward, as most have the option for online classes allowing time for treatment.

Just maybe this different kind of holiday season will give birth to new traditions that will bring joy in years ahead.

Based on the needs of the individual for connection, we will offer the Emotional Overeating Program both onsite and virtually soon. For additional information call (210) 253-9753.

[www.EsperanzaEDC.com](http://www.EsperanzaEDC.com)



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CEO - Clinical Director

*Prioritize yourself with a commitment to practicing self-care:*

*Moving into this busy time of year, both clinicians and patients need to remember to embrace self-care. This means embracing both the physical and the mental opportunities for self-care.*

*Take a walk, enjoy the weather at this time of year with a visit to one of the many beautiful outdoor settings we are so blessed to have in our community. The Japanese Tea Garden, Botanical Gardens, the missions and lovely local parks are just a few of the spirit-lifting outing possibilities available.*

*Call a friend you haven't spoken to in a while and don't forget to find things to be grateful for every day.*

**ESPERANZA = HOPE**