

NOURISHING LOVE: SUPPORTING YOUR LOVED ONE THROUGH THE HOLIDAYS

BY: RECOVERY ADVOCATE TIPS

Let's be authentic and admit that the Holiday Season can be a stressful time, let alone for someone who is in recovery from an Eating Disorder. Here are some tips from an Eating Disorder Recovery Advocate on how to support your loved one in recovery during the Holidays.

Do: Redefine Celebrations

Don't: Let Food Define the Occasion

Shift the focus from food to shared experiences. Embrace meaningful conversations and create lasting memories beyond the food. Find ways to connect that aren't just at the dinner table.

Do: Plan Non-Food Activities

Don't: Rely Solely on Meals for Fun

Organize activities that revolve around something other than meals. Consider a festive movie night, game tournaments, or a holiday-themed crafting session to foster connection without the emphasis on food.

Do: Encourage Mindful Moments

Don't: Let Stress Overwhelm the Present

Savor the present by engaging in mindful practices. Whether it's a nature walk, deep-breathing exercises, or guided meditation, these moments provide a mental escape from the holiday stresses.

Do: Embrace Gratitude

Don't: Focus Solely on the Feast

Foster an atmosphere of gratitude. Encourage sharing what everyone is thankful for, shifting the focus away from the table and towards appreciating the people and positive aspects of life.

Do: Create a Supportive Environment

Don't: Overlook Emotional Needs

Foster a safe space. Communicate openly with your loved one about their needs and concerns. Ensure they feel supported in their journey, empowering them to navigate the holiday season with confidence and moments of self-care.

Do: Shift Conversations Away From Food or Body

Don't: Comment on how people look, or what or how much they are eating

Even though it can seem encouraging, commenting on your loved one's appearance or food can still be extremely triggering. Do let them know that you love them and are happy to see them. Don't make comments on their food or their body. If you catch this happening, don't hesitate to change the conversation, and check in with them.

