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Guide to Eating Disorder Recovery During the Holidays

Brought to you by Empowered Eating, LLC, written by Alex Raymond, RDN, LDN

Answer the following questions to the best of your ability. It may be helpful for you to discuss these questions with your registered dietitian or therapist to create a plan for self-care around the holidays.

- Describe the holidays:
 - Do you celebrate?
 - Which holidays?
 - Where do you usually go?
 - How is it to spend so much time with your family?
 - What is it like having food around?
 - Will there be work/school holiday parties?
 - Do you have a favorite tradition?

- What are your holiday goals? They can be mini goals or large goals.



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- List 3 (or more) things you are looking forward to:

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- Describe these events and be specific as to why you are excited:

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- List 3 (or more) things that you anticipate struggling with.

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For each of these, let's come up with a plan.



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- Here are some questions to consider:
 - Explain the situation and what makes it a struggle.
 - Who will be around?
 - How long is the event?
 - Do you know what kind of food will be involved?
 - How can I plan for what to eat? If I'm on a meal plan, will there be options for me to meet my meal plan?
 - Will there be dessert?
 - Will there be diet talk? Who will be engaging in diet talk?
 - What can I do for self-care at this event?

- Other notes/thoughts/ideas:



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- Recovery-related quotes to remember:

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- Positive recovery social media accounts:

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- PS: Follow me on Instagram! @empowereatingrd

- Support contact information:

- Contact person #1: _____
- Contact person #2: _____
- What about animal support?? Can a puppy or kitty be there for you? :)

I hope this survival guide makes the holidays a bit more enjoyable for you. Check out our website www.empowereatingblog.com for more recovery inspiration and information about our services.

Please note: This worksheet is a tool for your treatment and is not meant to replace a visit with your registered dietitian or therapist.