

What is Bulimia?

When a person suffers from bulimia, she or he will eat large amounts of food at any one time, consuming thousands of calories. In the beginning they will try to eat sensibly but are overwhelmed with an uncontrollable urge and are unable to stop. In an attempt to regain control they will then purge themselves by vomiting, taking laxatives, over exercising or starving. The cycle of binge and purge can vary in frequency and degree from person to person. Exactly what triggered the binge depends on the individual. Check out our website for different types of support we can offer.



An Eating Disorder is About Feelings
Not About Food.

www.seedeatingdisorders.co.uk

nutrition@seedeatingdisorders.co.uk

(01482) 574892 or e mail her on

Emma on a Monday evening 6.30pm to 7.30 pm on

“Walking on Eggshells, workshops for carers
Nutritional support
Self Help Group—Sufferers and Carers
Telephone Buddy Scheme
E mail buddy scheme

Other services we provide:-
Helpline 01482 718130
Website:-

b-eat (beating eating disorders)

www.b-eat.co.uk

(excellent informative site)

Youth line 0845 634 7650

Adult line 0845 634 1414

S.E.E.D. Eating Disorders Support Services
Charity No 1108405

c/o 207 Lambwath Road, Hull , HU8 0HS

Phone: 01482 718130

Fax: 01482 718130

E-mail: info@seedeatingdisorders.co.uk

www.seedeatingdisorders.co.uk

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S.E.E.D. Eating Disorders Support
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Breaking the Cycle of Bulimia

This leaflet is for people who suffer from bulimia nervosa and who want to take their first steps towards recovery!

Help Line 01482 718130

What Triggers a Binge?



Try to understand when and why a binge occurs!

Keeping a diary can be very helpful when trying to identify the triggers that cause someone to binge. Thoughts could be noted down as well as

situations to help work out how to bring the bingeing under control or have a degree of management over them. For instance, bingeing is more likely:-

At certain times during the day.

Maybe alone in the home in the evening.

Certain times of the month. In a female this could be during the menstrual cycle.

During a particular season — perhaps in the winter months.

During stressful periods at work, home or before exams.

When snack foods are around, like crisps, pastries, chocolate.

Whilst unpacking the weekly food shop.

In response to something disturbing seen or read.

Ways of Coping

It may be difficult to cope with uncomfortable feelings without bingeing. If so, help should be sought and a support group is often helpful. Here are some ways to help control the urge to binge.....

If being alone is a trigger, try and leave the house, go for a walk or telephone a friend to at least delay the binge; do something enjoyable that is not associated with bingeing.

Being kind to oneself with a treat such as a massage or a favourite film

Allow yourself to experience your feelings. Writing about experiences or drawing them will be helpful to a counsellor in interpreting expression.

Seeking inspiration in other peoples writing, painting and sayings.

Taking up a new interest, enrolling in an evening class or becoming a volunteer in a worthwhile charity can be so rewarding.



Relaxing with a good book may help to distract you!

Feel Good About Yourself!

It is often so difficult to say something good about ourselves; some people only see their bad points. Try and identify just one small thing that you know you are good at. A good mum, a kind person, a good listener, sensitive or compassionate. Build on that. If you do someone a good turn, feel proud. If you want to treat yourself THEN DO IT! WHY?



The first step to recovery is to acknowledge there is a problem! This is the biggest step forward. Effort must be made to try and resolve the underlying emotional problems. Food can't simply be avoided



See the leaflet Nutrition and Bulimia for tips on how plan a more structured eating pattern and which food would be recommended to achieve this.

and it is more likely someone will binge if they deprive themselves of nutrition. It is also medically very unsafe to starve, binge and purge. Seek the support of your GP to monitor you physically. Ask for a referral to be made for emotional support and check out the services available via the local self help group. **Finally, take each day as it comes. Recovery can take a long time. Make steps small and achievable. Don't set yourself up to fail by making your aims unrealistic. Focus on the positives and why it is important to you to get better.**

GOOD LUCK! Help is a telephone call away!

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