

Try to relax around food!

Food is the one thing that consumes the Sufferer every waking minute of the day. The lack of it, the eating it, the avoiding it becomes their way of life!

Give your partner the opportunity to forget about that for a short time, just a few minutes a day would be a good start.

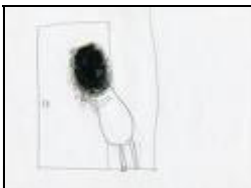
When you get the opportunity sit down and relax, perhaps this may be when the kids are tucked up in bed, snuggle down together and watch a film, catch up on the day but consciously avoid discussion



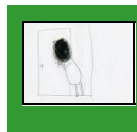
around food.

This can be done at a time suitable to both. Don't discuss food issues in front of the children.

It is not good for them to listen in and secondly it needs to be a relaxed environment. Kid in the background, television blaring, dogs barking does not make for a comfortable setting.



s in



Research

It could be that you are finding it hard to deal with some aspect of the illness. Perhaps you don't fully understand something. Try hard to research as much about the illness. There may be some twist and turn that makes the illness very complicated to understand. Maybe we will never fully understand, how can we when we have never suffered ourselves. Our website has a wealth of information available and will save you hours of searching. You are able to link in with lots of excellent sites. Take a look!

Mealtimes

Try and create a relaxed environment, chat about the day, but do not make the focus food. If you like the television on this might act as a distraction from food, alternatively put on some music or just catch up on the day's events.

If your partner finds it difficult to eat with you then invite them to sit with you while you eat.

Don't ask what they have eaten this will only cause unrest for them.

If they have tried to eat something praise their efforts for trying.

"Well done! I am so proud of you for trying!"

The cup is half full not half empty!

Difficult Conversation

No doubt you will have an honors degree in saying the wrong thing!



If there are issues you need to talk through agree in advance when this would be possible.....

I am findingreally difficult, I would like it if you could help me to understand this better.



How can I support you? Perhaps we can talk about this sometime.

I can only imagine how difficult it may be for you.... when you are ready to talk please let me know

Respect if they are not happy discussing something, ask when it would be a good time.

The Bigger Picture

Try to focus on the bigger picture and those small steps towards recovery.

That extra fort sip, that bite of the biscuit you were saving to dunk in your tea! The shopping trip without distress., The night out you enjoyed together! The night in without any upset. That hot drink before bedtime. That extra snack. Those couple of chips off your plate!

We are not experts! We are not the people to make them better!. But with lots of TLC, lots of support and lots of love you will be giving lots of help! Feel good and look after yourself! Give yourself some 'ME' time. Recharge your own batteries. Recovery can take many years. Take one day at a time and good luck with everything.

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Don't forget we do "Walking on Eggshells" Workshops for Carers. This scheme has been piloted the evaluations have been excellent. Check out the website to find out when the next workshop is.

Phone: (01482) 718130
info@seedeatingdisorders.co.uk

Self Esteem

Feeling Good About Who You Are!



Most certainly people who suffer from an eating disorder have a very low self esteem. Help them feel good about themselves.

Some don't:-

"You look well" (to them they will think they look fat)

"You look good now your cheeks have filled out"!

"I can see you have put a bit of weight on"!

Some do's:-

"Your hair looks lovely"!

"I love it when you smile you are so beautiful"!

"That colour really suits you"!

"I love you"!

Get back to the laughs and leave the heavy stuff to the outside support!

Finding Appropriate Help!

Even if someone is not accessing the help it does not mean to say it is not there. Check in with the Group to find out how to go about this. We have had years of experience and have



helped hundreds of people.

Be sure you are both singing from the same song sheet! - What you think should happen might not be what **they** want to happen.

Check out our Self Help Information Booklet this is based on what we wished we had known some 13 years ago when we first set out on our journey!

Help is just a phone call away (01482) 718130



Positive Communication

It's not what you say it's the way that you say it.

Listen don't just **Hear**!

Set time aside to discuss things properly and give your undivided attention! There is nothing worse than being in competition with a football match, a play station or the internet!

Words are taught when we are young

Words are spoke by someone's tongue

Words can make you 10' tall

Words can trash, for no reason at all!

Words can break an aching heart

Words are shared, they're life's part

Try and think if they may choke

Respect those words before they're spoke!

Marg Oaten MBE



Charity 1108405

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**S.E.E.D EATING DISORDERS
SUPPORT SERVICES**

How Can I Help & Support My Partner

Move away from monitoring,
watching and checking!
Get back to being a friend



Help line No: 01482 718130
info@seedeatingdisorders.co.uk
www.seedeatingdisorders.co.uk
Visit the above website to find out more about what the group offer. We are here to support both the sufferer and the carers or immediate family.

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