

Relapse Prevention

1. Daily Self Care

- Following meal plan
- No weighing self
- Regular physical activity for health
- Staying busy, involved
 - Hobbies, Relationships, School/Career
- Spirituality
- Be kind to yourself

2. Know your warning signs

- Counting calories, skipping meals, purging
- Labeling food good or bad
- Exercising even if tired or because feel obligated to
- Weighing self
- Comparing self
- Isolating
- Obsessing about food or weight
- Lying about food or weight
- Irritable &/or depressed mood

3. Develop an Action Plan

- Take note, try to understand and evaluate severity
- Open up your materials
- Start talking
- Call therapist, RD