

# UWE Wellbeing Service

## Eating Disorders



Both women and men worry about what they eat and how they look, and many try to control their weight. In other words, not all people with an unhappy relationship with food fit neatly into an eating disorder 'box'. Anyone can develop an eating disorder regardless of age, sex or cultural background. Eating disorders arise as a result of a combination of genetic, psychological, environmental, social and biological influences.

The most common eating disorders are **Anorexia**, **Bulimia** and **Binge Eating Disorder**. Anorexia is commonly associated with restricting food intake and being underweight. Bulimia is characterised by periods of bingeing and purging (vomiting or taking laxatives). Binge Eating Disorder usually involves overeating and feeling out of control around food. However, some people have features of all the eating disorders and some people start with one disorder and then it evolves into another disorder. Excessive exercise can also be an indication of an eating disorder.

### Common experiences

#### Thoughts...

- obsessing about everything you eat & what you weigh
- constantly comparing yourself to others
- having bad thoughts about yourself as a result of your eating habits
- thinking you are special or different from others
- having very strict rules about what you should or should not be eating
- hating yourself for what you put in your mouth
- hearing a critical voice telling you not to eat or to eat less
- thinking if you start eating you will never stop
- worrying that your eating habits are not normal

**Physical signs** can be a serious risk to your health. Please take a look [here](#) if concerned

#### Behaviour...

- eating normally in front of others bingeing in secret
- vomiting or using laxatives
- restricting your food intake
- always 'on' or 'off' a diet
- exercising excessively to control your weight
- keep eating even when you are full
- weighing yourself obsessively
- pinching, feeling or checking your body in the mirror

#### Feeling...

- guilty and anxious about your eating habits
- fat, even though your friends say you are okay
- scared of eating normally
- helpless and out of control around food
- depressed and / or anxious a lot of the time

### When to Get Help

- Some people with a serious eating disorder think they have no right to seek help because they are not 'bad enough'. Or they don't think that they have a problem at all.
- The sooner someone gets treatment, the more likely they are to make a full recovery.
- It is important to talk to your doctor if you are worried you may have an eating disorder.



# UWE Wellbeing Service

## Eating Disorders

### UWE library books

- Gilbert, S. (2013) 3<sup>rd</sup> Ed. **Therapy for Eating Disorders: Theory, Research & Practice.** Available at Glenside [shelf: 616.8526 GIL](#)

### Further reading

- Costin, C. (2011) **8 Keys to Recovery from an Eating Disorder:** Effective Strategies from Therapeutic Practice and Personal Experience. Self help guide, including client casework and self-disclosure from the authors who have recovered from an Eating Disorder.
- Woolf, E. (2015) **Letting Go:** How to Heal Your Hurt, Love Your Body and Transform Your Life. A practical guide for anyone experiencing low self-esteem, a lack of confidence or disordered eating. For further information on books: <http://tinyurl.com/heyw4w7>

### Websites

- **Anorexia & Bulimia Care** - A local charity with a helpline, befriending service, <http://www.anorexiabulimiare.org.uk/> and **Practical tools:** <http://www.anorexiabulimiare.org.uk/recovery/practical-tools>
- **BEAT** eating disorders charity provides a wealth of information about types of eating disorders, book reviews and local support groups <http://www.b-eat.co.uk/>
- **Men Get Eating Disorders Too** <http://mengetedstoo.co.uk/>
- **National Centre for Eating Disorders** offer support, self-help resources <http://eating-disorders.org.uk/>
- **NHS** advice <http://tinyurl.com/7m3b6qh>
- **Understanding Your Eating** - a paid programme designed for emotional overeating <http://www.understandingyoureating.co.uk/index.html>

### Local Support Groups

- Voluntary support group in Bristol <http://tinyurl.com/zfkbn2z>
- Focus Counselling offer a facilitated self-help group in Bath <http://myweb.tiscali.co.uk/focuscounsellingbath/focus/eating>

### Videos

- Anorexia: <http://tinyurl.com/zblgat2>
- Bulimia: <http://tinyurl.com/hn5cebq>

### Read what other people think:

- <http://www.thesite.org/mental-health/eating-disorders/>
- <http://www.time-to-change.org.uk/category/blog/eating-disorders>
- <http://www.time-to-change.org.uk/blog/binge-eating-disorder-compulsive-over-eating>
- <http://everywomanhasaneatingdisorder.blogspot.co.uk/>