

Community Connections

An ACE In-House Newsletter

Six Ways to Love Your Body

1. Keep a list of 10 positive things about yourself without mentioning appearance. Add to it!
2. Put a note your mirror saying, "I'm beautiful inside and out."
3. Consider this: your skin replaces itself once a month, your stomach lining every five days, your liver every six weeks, and your skeleton every three months. Your body is extraordinary—begin to respect and appreciate it!
4. Surround yourself with people that remind you of your inner strength and beauty.
5. Be your body's friend and support, not its enemy.
6. Do not compare yourself to others. It decreases your personal power by giving it to others.

From: NEDAW Newsletter 2007
www.NationalEatingDisorders.org

Gentle Reminders

1. Please remember to give 24 hours notice when you cannot be in group to honor your spot in group. There are many groups that have a waitlist. This notice allows us to let people know if they will be able to be in the group that week.
2. Please remember to be careful of what you say to others in the hallway or in the kitchen and not to discuss group issues outside of group. This helps to prevent subgrouping and breach of confidentiality.

Top 20 Ways to Slow Down Your Recovery at ACE

20. Read Cosmo and Fitness magazines.
19. Compare yourself to others in every way.
18. Never talk in group therapy.
17. Be sure to calorie count everything you eat.
16. Weigh yourself all the time.
15. Put off anything related to recovery.
14. Lie to your therapist.
13. Refuse to take personal responsibility for recovery.
12. Remember that if you think it, it must be true.
11. Say, "I don't know" in response to all questions.
10. When asked how you feel, say either "fine" or "tired."
9. Constantly replay old negative scripts.
8. Always appear happy.
7. Take care of others before you take care of you.
6. Numb out feelings.
5. Never ask for help.
4. Check yourself in the mirror and criticize what you see.
3. Avoid anything that involves an emotional risk.
2. Don't show up for your therapy appointment, especially when depressed.
1. Never use affirmations—Remember that you are a loser or worthless or unlovable.

(created by Behavior Therapy Group, 2005)

Toolbox: Using the HUG Method to Help Create Open, Healthy Communication.

Use the following “HUG” steps to help you and the person you’re talking to, feel heard, understood and validated. This method helps support open, honest and direct communication when it starts getting difficult and at risk of shutting down.

H—Hearing (Mirroring): summarize what the person told you, saying something like “what I just heard you say is...” or “If I’m hearing you correctly, you said...”. Then make sure to check that you’ve got it right by asking “Did I get that? Is there more?” Remember, focus on one topic at a time—don’t overload the listener with several topics.

U—Understanding (Validating): Remember, understanding and validating are not the same as agreeing with one another. Instead, try to put yourself in the other person’s place and “see where s/he’s coming from.” Once you understand, validate the other person by saying something like, “That makes sense to me because...”. Keep it short and stick to the point.

G—Guessing (Empathizing): Make an attempt to guess at what the other person is feeling about the topic. Try to identify at least 3 different feelings. If you can put yourself in his/her shoes, you may experience the same feelings, making it easier to guess what s/he is feeling too. Use statements like “I guess that must feel...” or “That must make you feel...”.

Talk to your individual or family therapist for more information on the HUG method of communication. Additionally, Family Orientation goes over these communication steps and can be helpful in talking about difficult topics.

Positive Affirmations

My body’s shape and size is where it needs to be at this point in recovery.

The food that I eat helps to nourish me and allows me to do the things I enjoy.

Kitchen Pantry: Metabolism

Metabolism involves the body’s chemical and physical processes to sustain life. These processes eventually result in energy expenditure. Metabolic rate is the number of calories your body expends.

Restricting food intake (including bingeing and purging) tells the body that it is in a state of “starvation.” The body knows food is being withheld. Thus, a body will lower its metabolism to conserve calories in order to get by on how few calories you are giving it.

Everyone has a unique metabolism that is designed to fit their body’s needs. If you try to force your metabolism to change, you will become overly frustrated, anxious, and preoccupied with food.

Your metabolism will slow down if you:

- Eat under your recommended calories for 2+ weeks;
- Maintain a % of body fat under your set-point range, or;
- Lose 10% body weight.

Repeat dieting will also lower a person’s metabolic rate. Weight loss becomes more difficult and weight gain more common.

Your metabolism can slow down within 7 hours of not eating food. After a person stops restricting and bingeing and purging, metabolism slowly improves to a normal level. The longer a person has restricted food intake, the longer it will take to achieve a healthy metabolism.

How can you achieve a healthy metabolism?

- Eat breakfast. Your body needs a morning meal to “wake up” your metabolism that slows down during the night.
- Eat when you feel hungry. Hunger is a signal that your body needs more energy calories. The body cannot distinguish real starvation from self-induced starvation. When your body’s need for food is denied, your metabolism slows down.
- Eat adequate protein foods. Without adequate dietary protein, the body lacks enough building blocks for muscle tissue, and your muscles will “break down.”

Adapted from Page Love, RD, LD. For more information, talk to your case manager or call Page Love at (770) 457-1457 or Molly McCollough at (770) 458-8711 ext. 206.

