

THRIVE THIS HOLIDAY: 10 TIPS



Increase Support.

Go to an Eating Disorders Anonymous meeting.

Educate Your Support Team in Advance.

Teach them what to say and what not to say.

Carry Support with You.

Podcasts, Books, Songs, Inspiring Reminders

Designate a Go-To Person.

Who attending an event is willing to help?

Pause and Breathe.

Focus on your five senses. Feel your feelings.

Face the Food.

Remember that holiday food is often the same.

Plan Something Special Beyond the Food.

Play a board game. Go on a walk. Go bowling.

Create an Emergency 911 Card.

Write down what works.

Celebrate Small Victories.

Give yourself a gold star, flowers, or something else.

Remember the Meaning.

Practice gratitude. Journal.

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