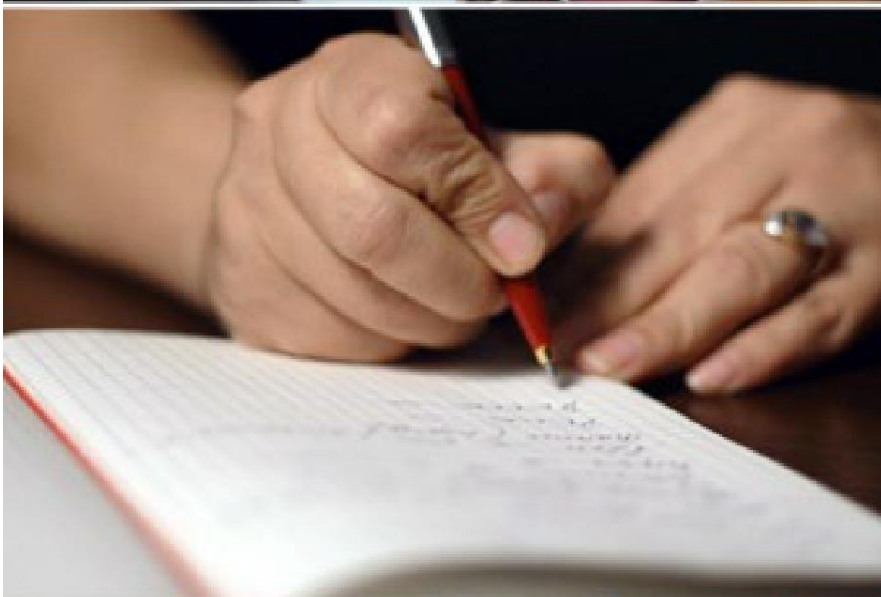




## Anorexia Recovery



### Overview

Overcoming anorexia is a long process. It's tough. But it is possible for you to get better and stay better. If you're dedicated and you follow your care plan, you can do it. Here are some things to think about as you work on your recovery.

### Don't be too hard on yourself

First, know that you'll have good days and bad days. That's normal. Don't get frustrated by setbacks, and don't obsess about perfection. It helps to keep a journal about your feelings as you recover.

### Don't focus on your body

You should get rid of clothes that emphasize the shape of your body. So ditch the "skinny" jeans. Don't spend time browsing websites or social media pages that are obsessed with thin bodies and weight loss. And avoid looking at your body in the mirror during recovery. It's hard to stop focusing on your body all the time, but your body size shouldn't be something that's constantly on your mind. That's not healthy for you.

### Distract yourself

Do things you enjoy that don't involve food or weight. Spend time with friends and family who have a healthy relationship with food and with their bodies. This can help distract your mind and keep you from thinking about your body.

### Join a support group

And finally, join a support group for people who have this disorder. There, you'll find a safe place where you can talk about your feelings with no judgment. Family therapy, where you and your loved ones go to a therapist, may help too. Talk to your doctor for more information about anorexia recovery.

Actor portrayals in photos

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