



Bulimia Recovery



Overview

Overcoming bulimia 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.

Learn healthy eating habits

Listen to your body when you eat. Pay attention to each bite. Chew carefully. Think about the way your food looks and smells, and the way it feels in your mouth. And as soon as you feel full, stop eating.

Don't focus on your body

Wear comfortable clothes that make you feel good about yourself. And avoid judging your body in the mirror. It can be 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 bulimia recovery.



Actor portrayals in photos

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