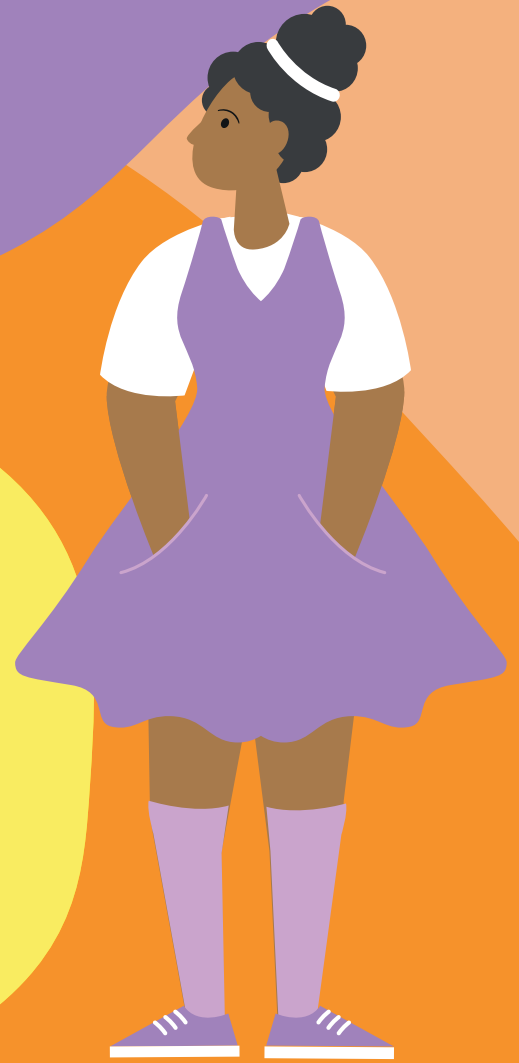


Understanding eating difficulties



What is an eating difficulty?

An eating difficulty is any relationship with food that you find tricky. Anyone can have an eating difficulty, regardless of their age, gender, culture, or weight. It's normal for our eating habits to change from time to time. Sometimes, we might:

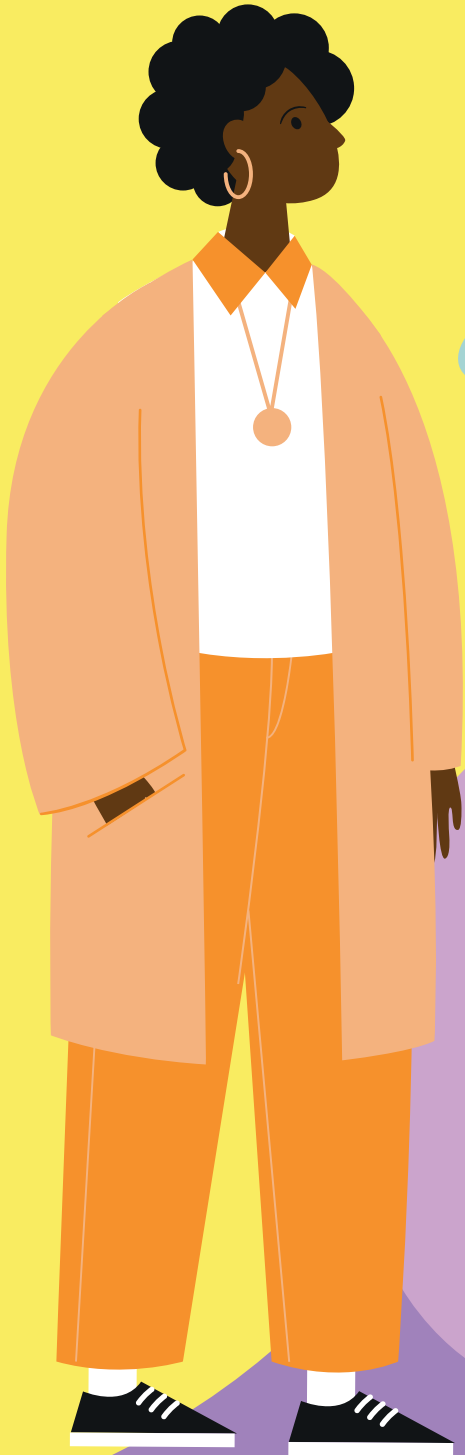
- **eat more than we usually would**
- **not have much of an appetite**
- **crave certain foods**

However, if your eating habits are making every day life difficult, this is when you might consider that you have an eating difficulty.

Signs you might have an eating difficulty

- **Rapid weight loss or weight gain due to food habits**
- **A preoccupation with the way your body looks (wanting to be a certain weight for example)**
- **A preoccupation with food or exercise**
- **Being self-conscious about eating in front of others**
- **No longer enjoying social eating**
- **Being sick after eating**

How can I help myself if I think I might have an eating difficulty



“A good starting point is writing down your experiences, thoughts and feelings in a journal. Writing in a journal can help you to acknowledge the problem you are having and help you to start understanding your experience. It can be easy to dismiss things if you’re busy and going about your day to day life, but writing it down can show you that something doesn’t sound right. It can also help you to feel more prepared with what to say if you do decide to get help with your eating, as your journal will have all that information already there for you to share.”

Our clinical psychologist, Dr Kerry Irving

Asking for support

While it might feel scary to tell a family member, friend, teacher, or doctor what you are going through, that conversation could be worth it to gain the encouragement and guidance of someone you trust.

If you are looking for a listening ear, or someone to provide you with more information on how and where to seek support, our mental health team is available to chat. Remember that although eating difficulties can be serious, they are treatable, and it’s important that you seek help as soon as possible. No matter your symptoms, age, or background, you deserve help and support.