

Be yourself – people will love and accept you just the way you are

Be proud – look how far you've come to this day

You are not alone. There are lots of other people feeling helpless and frustrated too

Change is necessary – it will be worth it in the end

Don't let your past ruin your future

Your health and happiness is just as important as anyone else's

It's ok to ask for help – it's not a sign of weakness

Let people in – help them and let them help you

Don't punish yourself – it's not your fault

You are not a bad person

If you were speaking to someone else living with an eating disorder, what would you say?

You have PERMISSION to look after yourself

Take time to work out what helps YOU, and tell other people

One thing at a time. Small steps lead to bigger steps

Don't over think it. Just do whatever you can

Take all the support you are offered

Try a stress ball or something TACTILE or SENSORY to help with stress, anxiety, or restlessness

If you're struggling, seek company and use distraction.

Stop! Look at the bigger picture. Will this matter in a year's time?

It's OKAY to eat. Everyone needs to eat. Your body needs this fuel...

Believe in yourself. You ARE worthwhile. You deserve recovery. You CAN do it.