



Resources

Stay Connected while Social Distancing

It is important to reach out to a therapist, dietitian, or support system whenever you are struggling. It is completely valid to feel all the emotions right now.

Of course it can be triggering to see empty shelves at the grocery store if you have dealt with food scarcity or anorexia in the past.

Of course it can be triggering to be stocking up on food if you are prone to bingeing as a way of managing anxiety or emotions.

Of course social distancing can trigger feelings of isolation, loneliness, disconnection and rejection.

Please make sure you are checking in with yourself and others regularly and are staying connected to your support system during this period of social distancing. Together we can work on ways to cope with emotions with kindness in a healthy, productive way.

Below are some resources to help support your mental health and wellness.

Coping Skill Ideas: create a routine, call a friend, make a list of things you're grateful for, focus on all you can do rather than what you can't do, stretch, mindful movement, drink water, be creative, tidy up, experiment with finding a hobby, do a puzzle, color, curate your social media feed and limit your exposure to the news

Apps: Calm, HeadSpace, DiveThru, Happyfeed, Breathe

Podcasts:

Body Kindness with Rebecca Scritchfield

Nutrition Matters with Paige Smathers

HeartSpace with Corinne Dobbas

Love, Food with Julie Duffy Dillon

You Can Eat with Us by Cara Harbstreet

Dietitians Unplugged with Aaron Flores & Glenys Oyston

Don't Salt My Game with Laura Thomas

Intuitive Bites with Kristen Ackerman

Podcast Spotlight:

Therapy Thoughts with Tiffany Roe, Episode 29: Fear, panic, anxiety and disease

<https://bit.ly/3b7mcBf>

www.eatwellwithgina.com



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Support Groups

Free support via Instagram Live provided by eating disorder/body image/non-diet/HAES aligned clinicians.

- Monday 3pm with Anna Sweeney @DietitianAnna
- Tuesdays 3:15pm with Kimmie Singh @bodypositive_dietitian
- Wednesdays 1pm with Haley Goodrich @hgoodrichrd
- Thursdays 3pm with Christyna Johnson @encouragingdietitian
- Friday 10am with Bri Campos @bodyimagebri

Alasana Weekly Online ED Recovery Support Group

Fridays at 3pm EST

www.alsana.com/online-support-groups/

Center for Discovery Online Support Group for Individuals in Recovery

2nd and 4th Mondays of every month from 8-9pm EST.

Link: <https://centerfordiscovery.zoom.us/j/447118922>

Meeting ID: 447-118-922

Renfrew Virtual Therapy Group

<https://renfrewcenter.com/services/outpatient-services/virtual-therapy>

NEDA Support Line 1-800-931-2237

<https://www.nationaleatingdisorders.org/help-support/contact-helpline>

Additional Online Support Groups

<https://anad.org/education-and-awareness/online-resources/otheronlinesupportgroups/>

National Suicide Prevention Lifeline 1-800-273-8255

National Domestic Violence Hotline 1-800-799-7233