Hungry for What?

Empowerment against eating disorders

Supporting the journey to freedom from disordered eating through individual recovery & community empowerment programs
Hungry for What?

- What’s “disordered”
- What’s going on
- Preventative measures
- How to help
What’s “disordered”?
Eating

Restricting
Binging
Purging

Dieting
Overeating
Cleansing

Fueling
Stopping
Sitting with “full”
Exercise

Testing limits
Pushing through pain
Ignoring

Moving
Playing
Enjoying
Stopping

Compulsive
Disconnected from pain
Body Image

- Monitoring weight
- Disparaging appearance
- Distorted self-image

Accepting
Appreciating
Loving

Evaluating
Criticizing
Disliking

Rock Recovery
Bridge to Life
Thoughts & Feelings

- Controlled by thoughts
- Disconnected from feelings

- Over-thinking
- Avoiding feelings

- Tracking reality
- Experiencing emotion

Rock Recovery
BRIDGE TO LIFE
Eating Disorders

- Dieting
- Overeating
- Cleansing
- Evaluating
- Criticizing
- Disliking
- Over-thinking
- Avoid feelings

- Restricting
- Binging
- Purging
- Compulsively exercising
- Disconnected from pain
- Monitoring weight
- Disparaging appearance
- Distorted self-concept
- Controlled by thoughts
- Disconnected from feelings
As a coach, you might notice...

- Frequent weighing and body distain
- Excuses to skip meals ("I’m having dinner with friends.")
- Ritualistic eating and/or avoidance of certain foods
- Compulsion to train above and beyond schedule; difficulty with days off and tapering
- More frequent muscle strains, sprains, and/or fractures
- Preoccupation with one’s own food & others’ food
- Personality shifts; increased impatience, crankiness, isolation
- Light-headedness and dizziness, abdominal pain
- Reduced body temperature, increased sensitivity to cold
- Fellow athletes reporting concern
What’s going on?
EDs affect the WHOLE Person

Mind, Body & Spirit
There’s no ONE cause

“Genetics loads the gun; Environment pulls the trigger.”
- Cynthia Bulik
Environment includes...

Cultural Norms
Expectations
Neglect
Trauma
Abuse
Loss
Life Transitions
Upbringing may play a part, but **CHANGE** is the most immediate trigger
EXCITEMENT!
on our terms

TERROR
on life’s terms
UNCONTROLABLE

CHANGE

tests our
coping skills

Mind
Body
Spirit
Eating Disorders are coping strategies

Control
- Restricting
- Adhering
- Purging
- Burning
- Refusing

Avoid
- Distracting
- Eating
- Neglecting
- Counting
- Obsessing
How often do you know how you feel?
The Perfect Storm
Eating Disorders

- Dieting
- Overeating
- Cleansing
- Evaluating
- Criticizing
- Disliking
- Over-thinking
- Avoid feelings

- Restricting
- Binging
- Purging
- Compulsively exercising
- Disconnected from pain
- Monitoring weight
- Disparaging appearance
- Distorted self-concept
- Controlled by thoughts
- Disconnected from feelings
The behaviors are “just” ways of coping...

The disorder itself is as mysterious and ambiguous as the most complicated of diseases and disorders...and just as deadly.
Preventative Measures
Address from Day 1

• Provide information on healthy eating and good nutrition.

• Encourage the use of mental health services for everyone. De-stigmatize mental health in general.

• Address mental and emotional aspects of performance in addition to physical.

• Ask trainers to look for warning signs and encourage open communication.
Enlist Experts

• Ask a dietitian who understands eating disorders to speak to or work with athletes. **Screen this person carefully!!**

• Establish relationships with ED specialists in your area. **Go as far as you need to find someone who knows what they’re doing.**
Ban Negative Body Talk

• Discourage flippant comments about weight and size. *Steer clear of these yourself.*
• Be sensitive to discomfort with tight, revealing uniforms.
• Avoid the tendency to emphasize weight. *Don’t weigh athletes or measure body fat composition; leave this to a medical doctor.*
• Avoid comparing athletes’ bodies to one another.
Ban Dieting

- Ban disordered eating behavior. The mental, emotional and physical turmoil that results outweighs any benefit from weight loss.

Rock Recovery
BRIDGE TO LIFE
Help without hurting
#1

Check yourself at the door

It’s not about you.

Your agenda is their health and well-being.

Your fear is your greatest weakness.
Advocate for the WHOLE person

“It’s not about running or eating. It’s about YOU.”

“I see you coping in very self-destructive ways.”

“I care about you too much to keep my concerns to myself.”
#3

Call it what it is...even if they won’t

“What’s your struggling with is REAL, and it can kill you if you don’t get help.”

[Yes, really]
Reframe their struggles

“If you had cancer, would you get help?”
The best team of specialists. Time off work and school. Friends to rally around you. A painful, long-term treatment program?

Then why won’t you get help for this?
The best team of specialists. Time off work and school. Friends to rally around you. A painful, long-term treatment program...
#5

Treat it [more] seriously

Don’t use weight as a carrot
The only acceptable carrot is the WHOLE person
Hey! News flash:

This number (DOES NOT) doesn't determine your beauty or worth.

...You are more.
#6

**Advocate for appropriate care**

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<thead>
<tr>
<th>Inpatient</th>
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<tr>
<td>• Medically &amp; Psychiatically Unstable; Symptoms worsening at rapid rate</td>
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<th>Residential</th>
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<td>• Medically stable; Psychiatrically impaired and unable to respond to partial hospital or outpatient treatment</td>
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<th>Partial Inpatient</th>
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<td>• Medically and psychiatrically stable; Unable to function in normal social, educational, or vocational situations but not suicidal; Daily disordered behaviors (e.g., restriction, binging, purging)</td>
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<th>Intensive Outpatient / Outpatient</th>
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<tr>
<td>• Medically and psychiatrically stable; Able to function in normal social, educational, or vocational situations and continue to make progress in recovery</td>
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Don’t be fooled

It won’t go way overnight
A good day doesn’t equal recovery

YOU can’t heal them.
Looks are deceiving.
Your athletes are struggling.
Future athletes will struggle too.
They will not “snap out of it”
Disordered eating is deadly
Freedom is possible
Glimpses of LIGHT

- I [still] needed help
- I deserved help
- I wanted joy back
- I prayed
- I de-stigmatized myself
- I was broken
- I held *myself* accountable
- I filled the void
Don’t make me wait.
Just because you know
I will.
Contact me!

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