

Considerations for Eating Disorder Recovery



Before

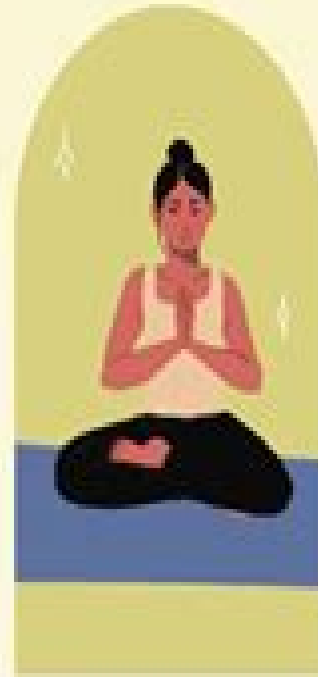
Be open to help

Remember
recovery
is non-linear



During

Focus on goals,
communicate,
trust your care
team, lean on
support, and
practice self-care



After

Practice
self care



Relapses

Work with your
treatment team
to create coping
strategies

Help For Eating Disorders

Ying Liu



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