

HEALING HEROES

RESTORATION

EDNOS  
TREATMENT

HOPE

TRANSFORMATION



# INTRO

**'Eating Disorder Not Otherwise Specified'** is life-threatening and will cause serious illnesses. It has the highest mortality rate of any psychiatric diagnosis.

- **Subthreshold bulimia nervosa:**  
Meets most of the criteria for bulimia nervosa, but the binge eating / purging behaviors occur at a lower frequency and/or is of limited duration than required for a bulimia diagnosis.
- **Subthreshold binge eating:**  
Meets the criteria for binge eating disorder, but binge eating occurs at a lower frequency and/or is of a limited duration.



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# YOU CAN DO IT!

- Increased ability to control purgative behavior
- Eat nutritional meals and snacks frequently
- Manage symptomatic behavior
- Increase constructive coping skills
- Maintain and improve safety and stability
- Decrease isolation
- Ongoing contact with outpatient therapists





# Goals

## Our First Goal

- Increased ability to control
- Eat nutritional meals
- Manage symptoms
- Constructive coping skills
- Improve safety and stability
- Decrease isolation
- Outpatient therapy

## Our Second Goal

- Mental stabilization
- Decreased purging
- Nutritional stabilization
- Normalized eating
- Weight rehabilitation
- Positive coping skills

## Our Third Goal

- Increased ability to eat nutritional meals
- Decrease purging
- Family education
- Emerging confidence
- Recovery plan



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# BREAK THE CYCLE

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Emotional symptoms of EDNOS:

- Low self-esteem
- Depression
- Strong need for approval
- Anxiety
- Motivation to engage in relationships
- Extremely self-critical



# PATTERN DISRUPTION

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- PRAY, PRAY, PRAY. Pray until the urge goes away.
- Write about the trigger before you binge or purge.
- Make a schedule. A meal plan will allow you to focus on other important things.

## TRY THIS!

- Go for a walk.
- Go for a drive.
- Call a trustworthy friend.
- Listen to classical music.
- Read.

# WHAT TO AVOID...

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- Social media influencers that have unrealistic standards.
- Report, remove, and unfollow.
- Avoid people and/or places who trigger you:
- family, friends, and ex-spouses.
- Avoid movies and music that tempt you.
- Unrealistic body standards, sexual, violent, anxiety inducing.

# WHY IS RECOVERY IS IMPORTANT?

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- Weakened bones
- Loss of brain mass
- Cardiovascular problems
- Gastrointestinal problems
- Dental issues from self-induced vomiting
- Loss of area
- Loss of menstrual cycle, amenorrhea
- Increased risk of infertility
- Kidney failure
- Death



# BE TRANSFORMED BY THE RENEWING OF YOUR MIND

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- Don't let yourself get too hungry, too angry, too lonely, too tired, or too bored. All these states are powerful binge eating triggers. Watch for them, and when they first appear, deal with them in a healthy manner instead of letting the tension build until binging and purging become the release of choice.
- Stay busy and avoid unstructured time. Empty time is too easily filled with binge food.
- Make sure that every day you touch base with friends and loved ones. Enjoy being with them. It sounds corny, but hugs really are healing.

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# YOU ARE AN OVERCOMER!

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- Take control of your life. Make choices thoughtfully and deliberately. Make your living situation safe and comfortable.
- Every day do something fun, something relaxing, something energizing
- Keep tabs on your feelings. Several times a day ask yourself how you feel.
- If you get off track, do whatever the situation requires to get back to your comfort zone.





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# YOUR GAME PLAN

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This plan will provide you with a guideline to creating the perfect plan tailored to you. Enjoy your favorite foods and designated times to avoid trigger responses to anxiety. Print it out and hang it up.

We create a plan to have a direct reference in stressful situations.

Having a plan will allow you to focus on more important things and give you support during trigger times.





# Reflection Page

- How are you feeling right now?



## I WILL OVERCOME!

Lord, save us!

Lord, grant us success!

Blessed is he who comes in  
the name of the Lord.

From the house of the Lord  
we bless you.

Psalms 118: 25-26

## NOTES

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## REMINDER

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## THOUGHTS

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# Source of Food

Nutrient	Sources	Function
Carb		
Proteins		
Vitamins		
Fats		



# Healthy Lifestyle Tips



## Leafy Greens

**Guilt free nutritious fillers for better focus and increased energy.**



## Fill your plate

**For your main meals choose a healthy protein, fat, and carb.**



## Eat small meals

**Frequent small meals will reduce triggers like hunger for binging.**



## Every 2 hours

**To reduce binging, allow yourself a small meal every 2 hours.**





# Accountability Tracker

Goal: Be consistent

Assessment: You can do it!

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1							
2							
3							
4							
5							
6							
7							
8							



# Meal Plan



Goal:

Assessment:

Plan for success!

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast							
Lunch							
Snack							
Dinner							