

Healthy Futures News + Views

An Educational Newsletter Covering Eating Disorder Treatment and Other Mental Health Issues ~December 2013~ Vol. 2, Issue 7

We're home!

On December 2, 2013, Healthy Futures celebrated our 11-year anniversary in style by opening the doors to our new home in Scottsdale!

Here are a few photos of our new place. We're still making some finishing touches - such as hanging artwork - but we are home!

Our new address:

8065 N. 85th Way
Scottsdale, AZ 85258



*(Clockwise from left)
Kim Guenther's office is warm and comfortable; the shared office of Jessica McCall and Jeanne Phillips is inviting; visitors to Healthy Futures know where to park by following the heart; this is one of the group rooms (known as the Monet Room); and the office of Kim DiRé features a vibrant red rug and matching throw pillows.*

Healthy Futures will officially christen the new office with an open house, likely in February. Details will be announced.



Holiday survival tips for those with eating disorders

The following is excerpted from an article by Kim DiRé. For the full article, go to Kim-Dire.com and click on "Videos & Articles."

Holidays can be the most triggering times for those with eating disorders. The holidays often are filled with anxiety and family obligations mostly centered on food.

Food, people and emotions can trigger those suffering from an eating disorder during the holiday season.

They will feel overwhelmed and unsafe in family gatherings. The increased focus on food and socialization makes it difficult for the eating disordered person to make wise-minded decisions.

Here are some helpful tips for the Eating Disordered Person to get through the Holiday Season:

Plan ahead – Let family know what words to say and what behavior will be supportive before the event. Plan out your situation ahead of time. If you are unsure if the food will trigger you, offer to bring something that you know you will be able to eat.

You may even want to write down some comeback remarks if there are awkward comments about your eating habits or weight. Plan ahead of time the skills you can use for emotions or when



anxiety arises. One of the skills can be the three slow cycles of breathing deeply.

Eat regularly and healthy – Stick to your normal routine and meal plan. Pick a balance of foods for your meal. Include all the food groups in appropriate portions.

During holidays, many people eat a large amount of food in one sitting and often off of a three-meal, two-snack pattern. Don't let others change your normal routine.

You may have to be extra persistent with family members to keep your healthy pattern.

Make a list – Write down each thing you have to do for the holidays. Get things done ahead of time to save yourself from unneeded stress.

Get extra support – Consider making an extra trip to your therapist to help you address and cope with specific wor-

ries, fears and anxieties.

Find a supportive family partner to talk with and enter family gatherings with, so you don't have to go it alone.

Confide in someone who will be with you during meal times. This person can help guide you and listen to your specific concerns. They can help you relieve tension and give helpful advice.

A sibling, parent or cousin familiar with the family's personalities and understands your eating disorder without judgment, makes the best supporter. You may want to find and attend an eating disorder support group during this time as well.

Take one day at a time – Looking at the total of the holidays can be overwhelming. Take one day at a time. You may even want to break the day down into parts. Just work on the morning goals, then the afternoon to bedtime goals.

Set goals and intentions for the day – Instead of focusing on food, you may want to set some other goals for your visits. You

may have social goals or investigating your family history and roots during the gatherings.

Have fun – Take time to create some fun. Games, walks and movies can help distract you from food worries. A good game of family Scrabble or Monopoly can bring a positive family experience to your visit.

If you make a mistake, let it go and move on – If you slip up, get up and start from the moment you become aware of the slip to get back on the meal plan.

Use your skills to distract, improve the moment or soothe yourself with self-care activities.

Try to be flexible – Do the best you can to flow with the plans while sticking to your meal plan. Only attend what you can handle – You don't have to attend all the events.

You may want to attend as many of the non-food events as possible and politely decline situations that would make you uncomfortable and overwhelmed.

