

Asking for help with disordered eating : **When should you do it ?**

Here are a few red flags:

You feel preoccupied with eating, shape & weight

Anxiety related to particular situations or environments

Obsessing over food and body image

High general distress

You try to manage your anxiety around eating, shape & weight through

Exercising compulsively or overtraining

Following rigid food rules or an inflexible food plan

Checking your body shape or weight often (on the scale or in the mirror)

You cannot stop yourself from doing certain behaviors

You experience losses of control over eating

Difficulty resting when you're tired

You engage in certain behaviors to try to avoid weight gain

Your general functioning is affected

Difficulty concentrating during training or for schoolwork

Lack of motivation to socialize, inability to participate in team or friend outings

Physical symptoms (ex., insomnia, GI issues, fatigue)

If some of these red flags feel familiar, it may be the time to speak to a trusted health professional like your doctor, dietitian or therapist

