

Eating disorders

How to intervene when there are red flags :

5 steps for the initial intervention for professionals in the sports environment.

● Express your concerns

" Listen, I wanted to meet with you in private to discuss something that has been concerning me. " (calm, reassuring, empathic tone)

● List the facts (name the red flags you've noticed)

" You've been **lacking energy** when we see each other, you've been **struggling in training** lately and your **injuries are taking time to heal**. You've also mentioned having **difficulty recuperating** because of **insomnia**. Your **eating habits have changed** recently and you've been **isolating yourself** from the group. All of this worries me. "

● Listen & let the person respond

" I know that this conversation may be difficult for you, but your health is important to me. I'm here to listen and to help. What are your thoughts on all of this? " (Whether they are angry, relieved or in denial, show understanding and support)

● Propose a plan of action

" I would like you to see a doctor and/or a dietitian. Your health is really the priority. Here are the contact details of some people that can help you. "

● Plan a follow-up

"So that you are well accompanied, I would like us to meet to talk about this next week."

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