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Guide to Eating Disorder Recovery During the Holidays

Brought to you by Empowered Eating, LLC, written by Alex Raymond, RD, LD, CEDRD
Follow me on Instagram! @empoweredeatingrd

Answer the following questions to the best of your ability. It may be helpful for you to discuss these questions with your registered dietitian or therapist to create a plan for self-care around the holidays.

- Describe the holidays:
 - Do you celebrate?
 - Which holidays?
 - Where do you usually go?
 - How is it to spend so much time with your family?
 - What is it like having food around?
 - Will there be work/school holiday parties?
 - Do you have a favorite tradition?

- What are your holiday goals? They can be mini goals or large goals.



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- List 3 (or more) things you are looking forward

to: ○

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- Describe these events and be specific as to why you are excited:

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- List 3 (or more) things that you anticipate struggling with.

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For each of these, let's come up with a plan.



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- Here are some questions to consider:
 - Explain the situation and what makes it a struggle.
 - Who will be around?
 - How long is the event?
 - Do you know what kind of food will be involved?
 - How can I plan for what to eat? If I'm on a meal plan, will there be options for me to meet my meal plan?
 - Will there be dessert?
 - Will there be diet talk? Who will be engaging in diet talk?
 - What can I do for self-care at this event?

- Other notes/thoughts/ideas:



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- Recovery-related quotes to remember:

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- Positive recovery social media accounts:

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- PS: Follow me on Instagram! @empoweredeatingrd

- Support contact information:

- Contact person #1: _____
- Contact person #2: _____
- What about animal support?? Can a puppy or kitty be there for you? :)

I hope this survival guide makes the holidays a bit more enjoyable for you. Check out our website www.empoweredeatingrd.com for more recovery inspiration and information about our services.

Please note: This worksheet is a tool for your treatment and is not meant to replace a visit with your registered dietitian or therapist.