

THE EATING DISORDER CENTER

Eating Disorder Therapy & Recovery Coaching

COPING TOOLS FOR THOSE STRUGGLING WITH COMPULSIVE EXERCISING

ADJUST YOUR SOCIAL MEDIA FOLLOWING

Follow pro-recovery, body positive accounts and try to unfollow any accounts with fitspo content.

SET BOUNDARIES

Eliminate things that trigger negative thoughts about your body. This might mean setting a boundary with a friend or family member use "fitspo" language.

BE MINDFUL OF SELF-TALK

Be mindful of the stories you are telling yourself around exercise. Identify unhelpful and helpful thoughts.

UNHELPFUL VS. HELPFUL THOUGHT

Unhelpful: "I'm so lazy for not exercising today."

Helpful: "Not exercising is helping you recover and is difficult. It is the opposite of lazy."

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WRITE A PROS/CONS LIST

List the pros and cons of continuing to engage in compulsive exercise. Write whether each one is short term or long term and tally them at the end.

FUNCTION OF COMPULSIVE EXERCISE

Identifying the function compulsive exercising is serving you will help find other, more positive ways to serve and validate you.

ALTERNATIVES TO COMPULSIVE EXERCISE

Think about what you could do instead of exercising. If you exercise to help with anxiety, try something else that helps such as grounding skills or spending time with supportive people.

TRY AN "EXPERIMENT"

When making a change think of it as an "experiment" for that week. Challenge yourself to shave 10 minutes off your routine or take a rest day just for that week to start out.

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LOOKING FOR THERAPY OR COACHING FOR COMPULSIVE EXERCISE?

OUR SERVICES

- Eating disorder therapy for adolescents, teens, & adults. In office in Rockville, MD or virtual in MD, VA, DC, FL, PA, & NY.
- Recovery coaching for teens and adults worldwide.
- EMDR therapy for an eating disorder & trauma.


OUR APPROACH

We pride ourselves on being action-oriented therapists, setting recovery goals, and doing exposures with clients, such as eating meals or snacks together. We value collaboration with other local eating disorder treatment providers.

Many of our team members are personally recovered.

CONTACT US!

 www.theeatingdisordercenter.com

 [301-246-6856](tel:301-246-6856)

 info@theeatingdisordercenter.com