



Note About NH:

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ISSN 2637-4072 (Print)
ISSN 2637-4099 (Online)

Summer

Summer time starts a season of interactions with food. Beginning with July 4th we may find ourselves with picnics, get togethers, and times where relaxation may involve more interaction with opportunities to deal with our eating disorders. With the voice inside of our heads with the eating disorder brain, it can be quite difficult to enjoy the activities and interactions that we have the opportunity to have.

Here are some ideas for managing these times.

Establish your meal plan based on the days that your eating will not be normal or consistent based on your activities of a given day.

Know that these events are about spending time with friends, getting out of the house and enjoying the activities you will be engaging in.

When you are eating, eat mindfully so you don't overeat, under eat or otherwise distress yourself after the meal(s).

Consider having a support person with you to help with the stress and being in the presence of food that isn't normal for your plan.

Try not to over commit to the variety of activities that you may be invited to, but do consider what would be activities that you can go to and be involved with where you can manage the stress and the eating.

Focus on one activity at a time. Try not to worry about a series of activities that you have been invited to and committed to.

Consider talking to your treatment provider to have a plan to manage the food you will face.

Take time to care for yourself in the midst of the various activities you will be involved in.

If you make choices that were not in your best interest, be gentle with you. You're not perfect, and use it as a learning experience to take away good ideas for the future events where you will face similar situation.

Remember, healing from trauma and an eating disorder is a process, not an overnight change. You didn't develop the challenges over night and they won't heal overnight.

Take gentle care of you,
Kristen

Options Needed

Remember, healing from trauma and an eating disorder is a process, not an overnight change.

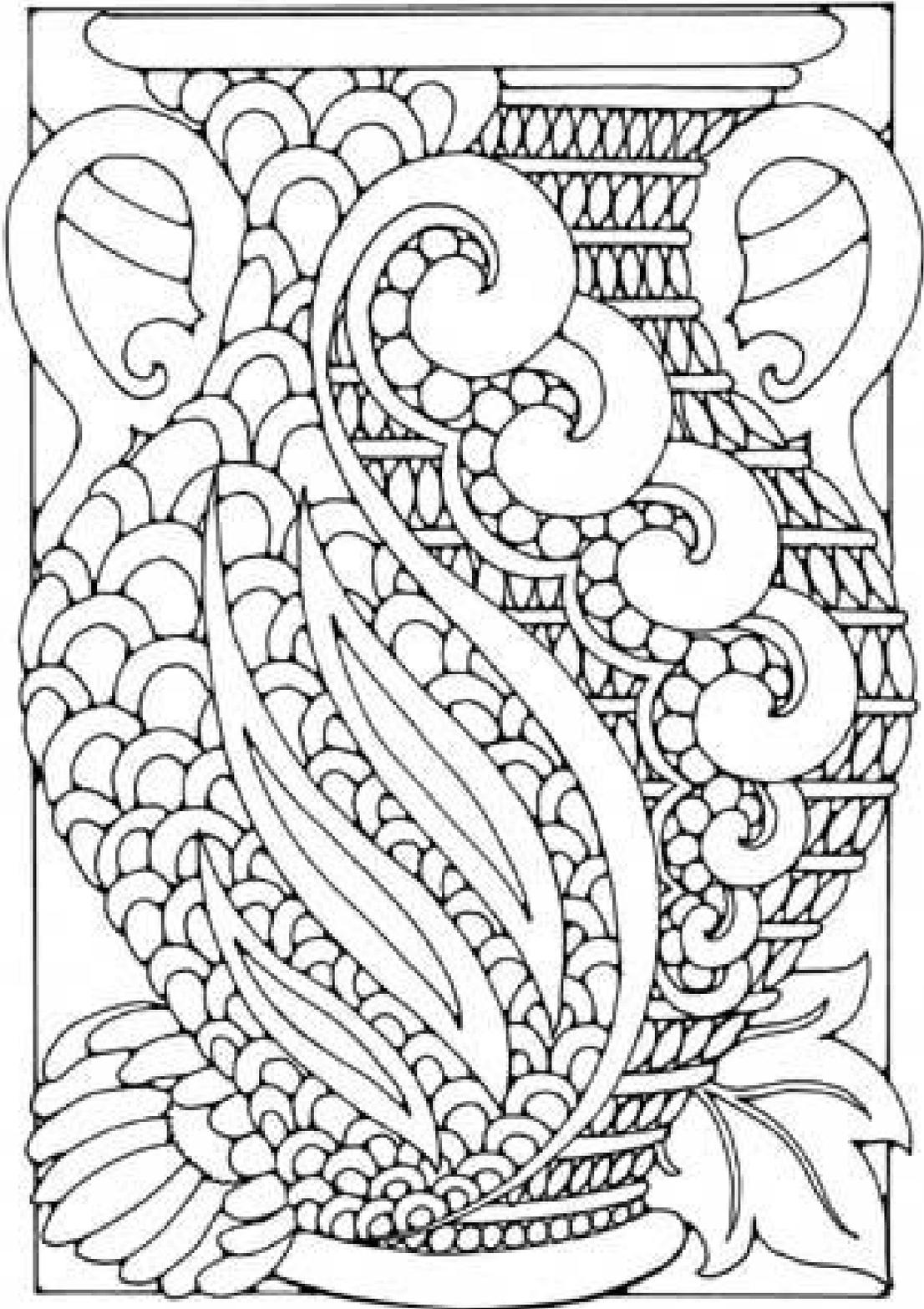
I've tried to stop eating so much. The binges have become too frequent. I've gained so much weight that I'm afraid to leave the home. People look at me and I just want to disappear. If only I was strong enough. I think I've just given up at this point. I've found my few friends have stopped calling, or maybe I stopped calling them. I think they are disgusted with me. I know I am.

I've tried to find a therapist but there aren't any therapists around here who specialize in binge eating or eating disorders. I've looked at a couple counselors online but I can't afford them. They don't take my insurance. My income is pitiful so even with the financial assistance they offer, it isn't feasible. I need to find another job but no one would hire me looking like this. I've read several blogs to try to deal with this on my own but I haven't a clue where to start.

The only hope I have right now is this program, and it's not treatment. What options are there otherwise? I hope I can do it with this. I'm out of other options.

Submitted by:
Anonymous

**If you are aware of treatment options for the state of Florida, please write recovery@hope4christianrecovery.org and note this is in response to the Need Options NH newsletter.



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10 Truths About Living with Trauma and an Eating Disorder

Sometimes it can be easy to feel like no one understands. Here are some relatable quotes and poems that will hopefully help you know you aren't alone.

1. First, always remember that:

“You don't ever have to apologize for creating a safer space for yourself.”

~Daniell Koepke

You don't EVER have to apologize for keeping yourself safe. This may mean taking the night off or engaging in some self-care for a little while. Creating a safe space for yourself is a key healing your whole body, mind and spirit.

*Sometimes
our minds lie
to us about
our bodies.
On days like
this, it is good
to be
reminded...*

2. Sometimes our minds lie to us about our bodies. On days like this, it is good to be reminded about the truth:

*What you mean when you say,
"I want to lose weight"*



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3. Recovery is not going to be rainbows and unicorns (although that would be pretty awesome). The best advice I have about recovery is to have patience every step of the way. Patience with yourself, patience with your body, patience with your mind.

Healing doesn't have to look magical or pretty. Real healing is hard, exhausting and draining. Let yourself go through it. Don't try to paint it as anything other than what it is. Be there for yourself with no judgment.

Healing is just as individual as our experiences. A lot of times, we want to rush through recovery and get to the other side because going through it is painful. Remember to give yourself grace as you go through this difficult process.

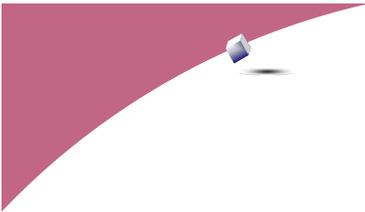
4. Our minds can be our worst enemies:

Sometimes we say things to ourselves that we would never in a million years say to another person. Then, why do we think it is okay to talk to ourselves this way? When someone repeatedly tears you down, it creates a pattern in your brain. Faith comes by hearing right? And so does negativity.

If your voice in your head is mean to you, remember someone manipulated that voice and instilled it in you. Kill that fake voice and find yours. I love you, now love yourself.

***Faith comes
by hearing
right? And so
does
negativity.***

5. Sometimes we don't give ourselves as much credit as we deserve:



Some of the kindest souls I know have lived in a world that was not so kind to them. Some of the best human beings I know, have been through so much at the hands of others, and they still love deeply, they still care. Sometimes it's the people who have been hurt the most, who refuse to be hardened in this world, because they would never want to make another person feel the same way they themselves have felt. If that isn't something to be in awe of, I don't know what is.

~Bianca Sparacino

You have overcome so much and are still fighting each and every day.

You have overcome so much and are still fighting each and every day. You're a wonderful person, despite what you may think and you have so much to offer this world. It's incredible that you have been through so much and are still standing. Remember that.

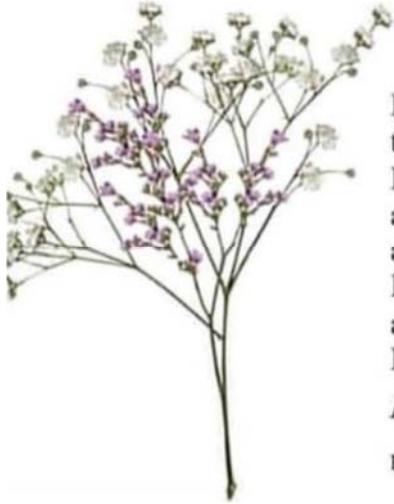
6. There are some days where recovery seems impossible :

Sometimes the bravest thing you can do is grit your teeth and follow your meal plan.

Oh, the glorious meal plan. We all know how difficult it can be to stay on track with anything when you aren't feeling your best. Try to remind yourself that drastically changing your diet is not going to make you feel better and will more than likely make you feel worse. Stick to the meal

plan when times are tough.

7. Here's some guidance on building yourself up:



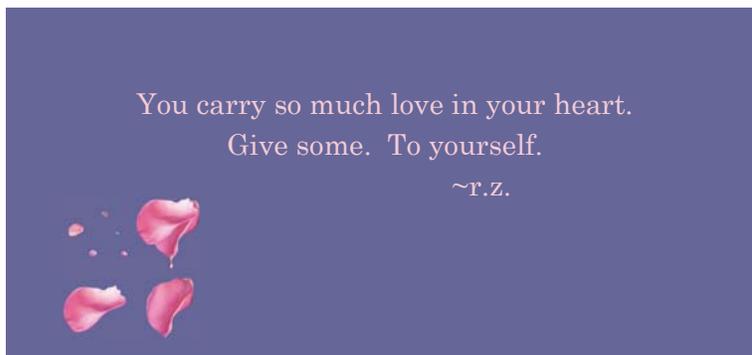
I am building a house
that is more than four walls.
It will be a palace of love,
a chapel of forgiveness
and a temple of respect.
It will be a masterpiece of fractured grace
and a tribute to humble beginnings.
I am building a home within this body.

I am building me.

BECCA LEE

When you've been consistently torn down, it may be hard to fathom how to build your self back up. I like to think of the fruits of the spirit as my building blocks: *love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.*

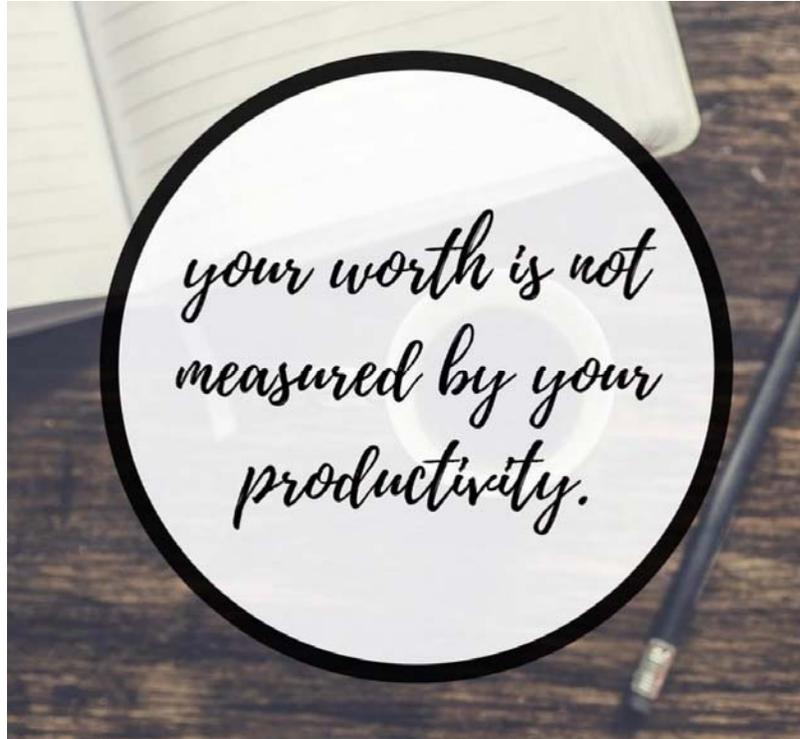
8. Give yourself a break!



*I like to think
of the fruits of
the spirit as
my building
blocks...*

Working towards self-love is one of the most important aspects of recovery but also the hardest.

9. You are worthy because you are human, not because you just did 132 things in 5 minutes.



*Anchor
yourself in
hope.*

So you didn't check everything off the list today. Who cares? We put so much pressure on ourselves to be the best and do the best but forget that sometimes our best means knowing when to say enough is enough. Don't forget, you can't pour out of an empty cup.

10. And always remember to:

ANCHOR

YOURSELF

IN

HOPE

“In this world you will have trials, tribulations, and suffering. But be courageous, be confident, be filled with joy; I have overcome the world.”

John 16:33

Submitted by:
J.Smith

Hiding

As far back as I can remember, I’ve had a binge eating disorder, though I had no idea it was more than my lack of self-control. I grew up as a child with little food, sometimes not eating at all so my younger siblings had food.

I went away to boarding school for my high school years and wow, there was food! I pretty much went crazy. I would get seconds and try to hide the evidence of how much I was eating. At breakfast they had single serving size boxes and I would keep one on my tray and stuff the others I ate inside the one so no one would know I had multiple boxes. It was nothing to go to the corner store and buy a ton of junk food or to order in fast food and eat it all by myself in one setting.

The summer before my junior year I was pregnant but wasn’t allowed to keep the baby. No one at school knew what was going on, or that I was being sexually abused and that is why I was pregnant. I was dying inside and looking back I realize that I was eating to deal with the pain, the heartbreak, the loss, and the depression.

After the baby, it was like a switch flipped in me. I stopped eating, I started running and exercising in any way that I had available to me at that time. I started dropping weight and was working hard to just stop being who I was. I didn’t know that then of course, I just knew I had to do those things to survive. I ended up being thinner than I’d ever been in the past which brought a lot of compliments on how I looked. I really wasn’t comfortable with compliments, but they felt good to hear. It made me strive harder to lose more and more weight.

Things changed when I went away to college. I met other girls who ate what they want then purged. I thought it was sick, but with little effort

I didn't know that then of course, I just know I had to do those things to survive.

it became quite easy quite quickly. It got to a point where if I even ate a bite I would purge. I was restricting and purging. It came to a crisis point, when I had to face it or it was just going to go back to where I was before or worse.

I really don't know when the change came, but I started eating again, and instead of being able to moderate, I went back to binge eating. I don't think I ever ate normal meals. I went full cycle. It created so much shame and humiliation, especially when I started putting on the weight after being so thin.

Today, I'm doing much better. I'm not in full recovery, but I'm in a much better and healthier place. I no longer restrict, purge and rarely do I binge. When I do binge, it's nothing like it used to be. I'm still learning. I look forward to the day when I've dealt with all the things that have been impacting my relationship with food. Here's to a better tomorrow.

Submitted by:
Lea

*What I found
was a small
group of
women who
had been
through the
same.*



Surprised

Wow. It has been a surprise to learn that I'm not alone. It is a surprise to find another understands my pain. Having been sexually abused and fighting an addiction to food, I've felt ashamed and isolated.

What I found was a small group of women who had been through the same. Now a new group of women. I feel happier than in a long time.

Submitted by:
Anonymous

Book List

These are a list of books that the Renfrew Center has identified as helpful for those with eating disorders. As with everything, please check out these resources to determine if they are right for your needs.

Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks.

Thomas F. Cash, PhD

Breaking Free from Emotional Eating

Geneen Roth

Crave: Why You Binge Eat and How to Stop

Cynthia M. Bulik, PhD

The Dialectical Behavior Therapy Skills Workbook for Bulimia: Using DBT to Break the Cycle and Regain Control of Your Life.

Ellen Astrachan-Fletcher, PhD & Michael Maslar, PsyD

Finding Your Voice Through Creativity: The Art and Journaling Workbook for Disordered Eating.

Mindy Jacobson-Levy, MCAT, ATR-BC, LPC & Maureen Foy-Tornay, MA, ATR-BC, LPC

Life Beyond Your Eating Disorder: Reclaim Yourself, Regain Your Health, Recovery for Good.

Johanna Kandel, BA

Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too.

Jenni Schaefer & Thom Rutledge, LCSW

Overcoming Overeating: How to Break the Diet/Binge Cycle and Live a Healthier, More Satisfying Life.

Jane R. Hirschmann, MSW & Carol H. Munter

*Some addressing
issues of
Eating
Disorders.*



STATEMENT OF FAITH

Psalm 147:3 He heals the broken-hearted and binds up their wounds.

MISSION

The mission of Hope Recovery is to provide Christian-based support in the lives of adult survivors of abuse and sexual trauma.

VISION

To offer support and compassion as survivors make their way on the journey of recovery and healing.

Hope Recovery

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We're on the Web

www.hope4christianrecovery.org



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there is hope.

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Trauma with a Binge
Eating Disorder.

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Alone!**