

SELF-HELP RESOURCES FOR BODY IMAGE AND EATING CONCERNS

Intuitive Eating: A Revolutionary Program That Works
by Elyse Resch and Evelyn Tribole

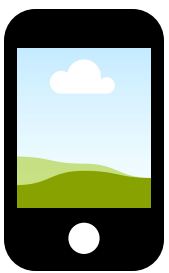
BOOKS



*8 Keys to Recovery from an Eating Disorder:
Effective Strategies from Therapeutic Practice
and Personal Experience*
by Carolyn Costin and Gwen Schubert Grabb

*Life Without Ed: How One Woman Declared Independence
From Her Eating Disorder and How You Can, Too*
by Jenni Schaefer

SMARTPHONE APPS



For mindfulness and relaxation:

- Calm
- Breathe2Relax
- Headspace
- Insight Timer

For tracking moods and behaviors:

- Pacifica
- Recovery Record

For coping and reducing self-harm:

- Calm Harm
- Virtual Hope Box

ONLINE RESOURCES



ANAD: How to Help a Loved One and more
anad.org or (630)577-1330 (Helpline)

Eating Disorder Hope:
eatingdisorderhope.com

National Eating Disorders Association:
nationaleatingdisorders.org
(800)931-2237 (Helpline)

PsychCentral on Eating Disorders:
psychcentral.com/disorders/eating-disorders/

Recovery Spark: Eating Disorder Recovery Resources:
recoveryspark.com

MORE SELF HELP ON THE BACK



APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER

counseling.appstate.edu (828) 262-3180

*ANAD YouTube Recovery Channel:
Your Future is Worth Fighting For!*
youtube.com/user/ANADvideos/videos

VIDEOS



Embrace (Body Image Movement, 2016):
Documentary about the global issue of body loathing.
imdb.com/title/tt4862478/

Marginalized Voices (NEDA):

On the importance of including marginalized populations in discussion and treatment of eating disorders.

youtube.com/watch?time_continue=83&v=OU768PVZvgY

Advocates Promoting Positive Self-Image:
A body-positive student organization!
orgsync.com/126657/chapter

CAMPUS RESOURCES



Counseling Center: Learn about our Eating Concerns Treatment Team!
(828) 262-3180

counseling.appstate.edu

UREC: New Mindful Minutes classes!
(828) 262-2100

urec.appstate.edu

Wellness Center: Check out their nutrition and body image programs!
(828) 262-3148

wellness.appstate.edu

MORE IDEAS AND THERAPIST RECOMMENDATIONS



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This handout includes resources from:

Norcross, J.C., Campbell, L.F., Grohol, J.M., Santrock, J.W., Selagea, F., Sommer, R. (2013) *Self-Help That Works: Resources to Improve Emotional Health and Strengthen Relationships* (4th ed.). New York, NY: Oxford University Press.