



PLANNING FOR YOUR JOURNEY TO RECOVERY

The journey from disordered eating to recovery is different for everyone.

Like climbing a mountain, your recovery might be rocky, steep and difficult in some sections and flatter and easier in others.

Planning and support is a huge key to success. Have a go at thinking about your journey here...

Where do I want to go? What do I hope recovery look likes?

What could be some obstacles on my path to recovery?

What are some strengths I have that will help me with these obstacles, that will help me on my journey?

Who can help me on my path to recovery?

PLAN

#checklist

- () See my GP
- () Check out Butterfly National Helpline
- () Check out websites like NEDC
- () Check out apps
- () Check out books
- () Look into specialist health professionals like;
counsellor/psychologist/dietitian

my notes