










Are there any apps that can help me with my recovery?

While we can't recommend specific apps, below are some examples of apps currently available that might help. In choosing an app, carefully read the description before using it. If after a week of using the app you feel it makes you feel worse, stop using it.

Android Apps	
	Headspace offers strategies for introducing mindfulness into daily life.
	Moodpanda tracks your mood to help you monitor triggers that might change your mood, and offers strategies to help lift your mood.
	Moodscope helps you learn to manage your mood and involve others in supporting you.
	Mindshift offers tools to monitor and manage anxiety. (Also available on Apple)
	Stop Panic & Anxiety is a self help guide to managing panic attacks and anxiety.

Apple Apps	
	Andrew Johnson Relax is a guided meditation and hypnosis audio program intended to help fight the stress of everyday life.
	SAM Anxiety Management is an app to help you manage and understand anxiety.
	Andrew Johnson Positivity is a guided meditation intended to help you adopt a more positive mindset
	Memory Star is where you can create a personal virtual jar of positive memories.

Tips on how to reduce your use of unhelpful apps

- ✓ Set limits for how many times you will access the app throughout the day and how long you will spend on it.
- ✓ Pick another fun non-social media related app or activity to do during times when you would normally use the unhelpful app(s).
- ✓ Gradually increase the time between visiting the app(s) and gradually reduce the amount of time you spend on it.
- ✓ Try to postpone logging into the apps by an hour or a few hours per day.
- ✓ Set small goals and targets along the way and reward yourself when you reach them.
- ✓ Try leaving your phone at home when you go out and won't need it.
- ✓ Try to remove all temptation by deleting unhelpful apps from your device.
- ✓ 'Unfriend' or 'unfollow' anyone you feel are a negative influence on you
- ✓ Follow people who make you happy, not miserable and anxious.

For one day, monitor how much time you spend on your app. You might be surprised how much of your day is taken up with checking or adding information to it rather than spending your time doing activities you enjoy.

Social Media and Eating Disorders

A guide to using social media and apps in a way that will help you move towards a life free from anxiety about food, weight and shape.



Why is social media important?

Although mostly a pleasurable experience, it is easy to become caught up in a range of unhelpful and unhealthy messages by following various social media feeds. One of the key issues faced by those struggling with an eating disorder is a focus on the importance of weight and shape as a measure of themselves as a person. This can result in focusing on a particular thin ideal, and social media can fuel this as someone searches out for messages which support this.



Comparing yourself or your life to everyone else via social media can have a real impact on your self esteem. It is worth remembering that people tend to filter out their problems or difficulties when posting online, bear in mind they won't be posting when they feel down or bored. This can leave you thinking everyone has a more exciting and fun-filled life than you do. Lots of images are often filtered and edited to make themselves seem more visually appealing and 'airbrushed' than they are in reality!

Healthy Eating Myths Online

Social media can appear to be full of people appearing to be experts and role models sharing hints and tips for healthy eating. When reading information about lifestyle on the internet, try to think of the following key points;

- ✓ *Do these lifestyles seem realistic, and would a friend without an eating disorder agree?*
- ✓ *What would I have to give up to follow this lifestyle in terms of time, energy and focus?*
- ✓ *What would I need to give up in my life to do this? How important are these areas life to me and my health?*

'Fitspiration' or 'Thinspiration' are the terms used by pro-fitness and pro-anorexia blogs to promote an unhealthy approach to diet and exercise. Remember that over exercising can be detrimental to your health and may make you more vulnerable to colds/illnesses, injuries, sleeping difficulties and a loss of bone density.

Be wary of people describing themselves as recovered or from 'recovery blogs.' Admirably there are people out there who want to share their story and help others, but some people can use it to promote unhealthy messages and eating disorders as a desirable life choice.

We recommend b-eat (www.b-eat.co.uk) as a reliable source of information and support for those experiencing eating disorders and their carers.

Cyberbullying

It can be harder to avoid cyberbullying than any other form of bullying as you might feel you have nowhere to hide. These people will aim to sabotage friendships and encourage groups of people to exclude or abuse someone.



Tell someone you trust if you are being bullied. This can include when information/photos of you are being shared against your wishes.

- ✓ Use the 'block' function.
- ✓ 'Report' abusive or inappropriate messages within the app. This will enable the moderators remove them.
- ✓ Don't respond to bullying messages.
- ✓ Make sure your social media accounts can only be accessed by the people you want.
- ✓ Be thoughtful about the content of your posts. Don't post things you might later regret or could negatively affect you later in life.
- ✓ Never post or private message personal information such as your address, passwords or phone number.