

Eating Disorders

signs



Rarely does someone have all the signals, but if someone matches on some of them, it might be sensible to talk about it.

Signs eating disorder

- Fear of gaining weight
- Increased preoccupation with eating, dieting and calories
- Distorted body image
- Low self-esteem, low self-image
- Difficulty in expressing emotions

Signs type of person

- Perfectionist
- Introvert
- Fear of failure
- Sensitive
- Competitive
- Control freak
- Impulsive
- Pleaser

Signs trigger

- High achiever
- Taboo on expressing emotions
- Dieting with friends or at home
- Eating disorder and/or obesity in the family
- Sport in which bodyweight plays a role
- Stressful incident
 - Death
 - Abuse
 - Bullying
 - Addiction
 - Sickness/injury
 - Divorce
 - Depression
 - Physical violence

Signs convictions

- I'm fatter than everyone else
- I'll never be good enough
- I haven't worked out, so I'm not allowed to eat
- I feel left out
- I hate gymnastics, especially getting undressed
- I don't go to parties, because there is always food present
- I look in the mirror a lot. I am fat
- I like wearing baggy clothes

Signs eating pattern

- Lying about eating or what has been eating
- Throwing food away, eating less or eating a lot over a certain period of time
- Throwing up, taking laxatives, skipping meals
- Rules and rituals for eating
- Wanting a say in what's being served
- Counting calories, dieting
- Cooking for others, but not eating yourself
- Preferring to eat alone
- Stress or tension while eating
- Abnormal interest in food
- Feeling guilty when eating too much
- Too much or no control about eating
- Eating while still full
- Not eating while hungry
- Hiding empty packages
- Eating odd combinations
- Taking time in eating a meal or eating too fast
- Stealing food
- Drinking too much water

Even somebody with a normal weight, is at risk of having an eating disorder

Signs body

- Under- or overweight
- Stomach and/or intestinal problems
- Lack of concentration, fatigue
- Headache, sore throat, stomach ache
- Dizziness, fainting
- High cholesterol
- Heart problems
- Cold hands and feet
- Shortage of vitamins and minerals
- High or low blood pressure
- Stagnant growth
- Problems with teeth
- Menstruation problems
- Hair loss, brittle nails
- Dehydration or fluid retention
- Pale, grey, yellow skin
- Swollen salivary gland
- Baby fine hair covering the body



If we can recognize an eating disorder on the eating habits or body, we could've been there sooner!

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