

Healthy ESSENTIALS

WARNING SIGNS FOR DISORDERED EATING/ EATING DISORDERS

- *Change in eating habits, often including refusal to eat or elimination of food groups*
- *Odd or disturbing behaviors associated with food and eating*
- *Preoccupation with weight, dieting and/or excessive exercise*
- *Guilt, shame, fear and anger about eating or uncontrolled binge eating*
- *Inability to feel hunger/fullness, or denial of hunger*
- *An increase in digestive complaints and stomach issues*
- *Higher levels of anxiety in daily living that are noticeable to other people*
- *Shame and guilt about eating emotionally that leads to extreme negative self talk*
- *Irregular or absent menstruation, or fear of menstruation with pubertal development*
- *Frequent weight fluctuations or recent weight loss/gain with origin unknown*
- *Regular use of laxatives or other purging behaviors including vomiting*
- *Changes in socialization, self-worth, body image and mood. All-or-nothing thinking*
- *Tendencies towards perfectionism and increased obsessional behavior*
- *Refusal to have parent or spouse provide information pertaining to food, weight, shape or changes in behaviors*
- *Withdrawal from family, friends and personal interests/skills*
- *Increased obsession with screens (television, ipad, cell phones and internet activity)*

If your client is experiencing 2 or more of these warning signs, please refer to screening tools available on this site for your convenience.