



## **What Are Eating Disorders?**

Eating disorders are complex mental health conditions that impact a person's relationship with food, body image, and self-worth. They are not a choice, and they can affect individuals of all genders, ages, and backgrounds.

## **Common Types of Eating Disorders**

### **Anorexia Nervosa**

Marked by extreme food restriction, an intense fear of gaining weight, and a distorted view of one's body.

*Possible Signs:* Noticeable weight loss, constant fatigue, fainting, hair thinning, and missed menstrual cycles.

### **Bulimia Nervosa**

Involves episodes of overeating (binges) followed by attempts to "undo" the behavior through vomiting, laxatives, or over-exercising.

*Possible Signs:* Puffy cheeks, dental issues, frequent bathroom visits after meals, and signs of dehydration.

### **Binge Eating Disorder**

Characterized by consuming large amounts of food in a short time, often secretly or emotionally, without compensatory behaviors like purging.

*Possible Signs:* Feelings of guilt, rapid weight changes, and emotional distress after eating.

### **ARFID (Avoidant/Restrictive Food Intake Disorder)**

Avoidance of specific foods or food groups, often linked to texture sensitivity, fear of choking, or negative past experiences.

*Possible Signs:* Poor weight gain or weight loss, nutrient deficiencies, and significant anxiety around eating.

## Coping and Support Tips

- Keep a steady meal routine: Regular meals and snacks help stabilize energy and mood.
  - Ditch food labels: Avoid calling foods "good" or "bad." All foods can fit into a healthy pattern.
  - Practice body awareness: Listen to hunger and fullness cues without judgment.
  - Reframe your thoughts: Replace negative self-talk with more supportive and realistic messages.
  - Build a support system: Talk with people you trust or reach out to a qualified mental health provider.
- 

## Warning Signs That It's Time to Get Help

Reach out to a professional if you or someone you know is experiencing:

- Noticeable weight changes (loss or gain)
  - Obsessive focus on food, weight, or exercise
  - Feeling out of control when eating
  - Physical signs like fainting, irregular heartbeat, or stomach pain
- 

## Where to Turn for Help – Resources

- Options of Southern Oregon  
541-476-2373 | [optionsonline.org](http://optionsonline.org)
- Monte Nido Eating Disorder Treatment  
888-228-1253 | [montenido.com](http://montenido.com)
- Within Health – Virtual Eating Disorder Care  
[withinhealth.com](http://withinhealth.com)
- Transform Youth & Family Counseling  
541-329-1236 | [transformyfc.com](http://transformyfc.com)
- National Eating Disorders Association (NEDA)  
1-800-931-2237 | Text “NEDA” to 741741