

# THE ATLANTA CENTER FOR EATING DISORDERS

*In-House Newsletter September 2008*



## COME TO THE FREE PRE-LUNCH RELAXATION GROUP!

Mon– Thurs 12:30 to 1:00  
in the Big Group Room  
Its Casual and open to anybody

### Benefits of learning Relaxation skills:

- Calms our thoughts
- Lifts our mood
- Releases muscle tension
- Increases energy level
- Improves Sleep
- Enhances immunity
- Helps repair damage to the body
- Increases concentration
- Improves ability to handle problems
- Smooths out emotions
- Less headaches and pain

By following a relaxation technique you formalize and recognize relaxation as a tool that will help you de-stress and help you cope with life's frustrations and difficulties.

## The Kitchen Pantry

### Carbohydrates

Why do I need them?

- They are the body's main source of energy and help maintain blood sugar.
- They are stored in our muscles to be used as energy between meals and snacks.
- They are an important source of fiber, B vitamins, and iron.

How much do I need?

- At least: 2 servings of carbs (grains) at each meal
- 1 serving of carbs for a snack

### **Healthy sources of carbohydrates**

Whole wheat grains-breads, pastas, brown rice, bagels, muffins

Starch vegetables-corn, peas, potatoes

Legumes/beans-pinto, navy, black-eyed

-Adopted from Page Love, RD, LD



## Did you know?...

- Models twenty years ago weighed 8% less than the average woman. Today they weigh 23% less.
- A psychological study in 1995 found that 3 minutes looking at a fashion magazine caused 70% of women to feel depressed, guilty, and shameful.

—ANAD

### 8 "Will-Powers" for Improving Body Image

1. Twice a day, Everyday, I will ask myself: What do I really gain from preoccupation with what I believe are defects in my weight and shape?
2. I will think of 3 reasons why my assumption that thinner people are happier and "better" is ridiculous. I will repeat these to myself whenever I feel the urge to compare my body shape with that of another person.
3. I will spend less and less time in front of mirrors of any type. All they do is make me feel uncomfortably self-conscious as they magnify each body part I focus on into a bigger and bigger flaw.
4. I will exercise for the joy of feeling my body move and function effectively, not to purge fat from my body or compensate for the calories eaten.
5. I will not avoid activities I enjoy, even if they call attention to my weight and shape. I will constantly remind myself to do things I enjoy no matter what my shape!
6. I will practice taking people in general, and women in particular, seriously for what they say, feel, and do, not for how slender, or "well put together" I am.
7. I will develop activities and relationships that enrich my self-concept, thereby making it less likely that my self-esteem will revolve around feelings about my appearance.
8. I will give my body "what it really needs, including moderate exercise, healthy foods, sensual pleasures, and relaxation (and then my) body will respond by treating (me) better."

-Michael Levine, Ph.D.

#### Websites

[www.anad.org](http://www.anad.org)

The National Association of Anorexia Nervosa and Associated Disorders offers services, resources, and links.

[www.mirror-mirror.org](http://www.mirror-mirror.org)

A tribute to those who have recovered from an eating disorder and information

[www.myedin.org](http://www.myedin.org)

Eating Disorders Information Network.

#### Enliven Your Life...

Find the peace that you crave in your daily life

Achieve success and abundance

Make good decisions with confidence



For previous newsletters, please visit  
<http://www.eatingdisorders.cc>