

March

2009

Atlanta Center for Eating Disorders

CONGRATULATIONS ACE HOUSE!!

ACE House was just successfully surveyed by the Department of Human Resources for Licensure.

In addition to our Intensive Outpatient and Partial Hospitalization Programs, the Atlanta Center for Eating Disorders is now able to offer Residential Treatment.

Ace House is located less than a block from our main facility in Dunwoody.



Skills to Remember

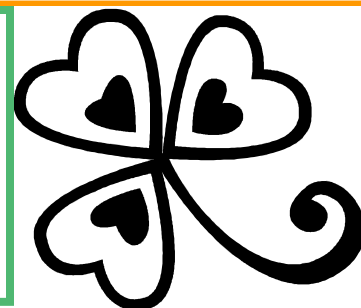
1. Be **mindful** of your feelings, needs and behaviors—in the moment.
2. Learn to “catch” yourself when you are having strong emotions or when you feel that you are struggling and **observe** what is happening.
3. Be objective in your observations of yourself and others. Describe what is happening; **use accurate and descriptive terms** (anxious, angry) instead of dramatic or negative terms like “freaked out.”
4. Realize that **there are reasons** for how you feel and for what you are going through.
5. Practice evaluating when it is truly in your best interest to **express** yourself and your emotions more directly and when to **divert yourself or “hold”** your emotions until a more appropriate setting or time.
6. Practice evaluating when you should **ask for what you need or want** from others and when it is better for you to **meet your needs independently** of others.
7. **Reduce your vulnerability** to stress and overwhelming emotions by giving yourself enough rest, relaxation, good interactions with others, good food, etc.
8. Practice recognizing when you are **avoiding** people, places, and things for unhealthy reasons and when it is in your best interest to avoid certain people and places.
9. **Be authentic.** Get to know yourself, your likes and dislikes, your needs, desires, limitations, goals, true reactions, etc. Do not confuse your needs and experiences with those of other people.
10. **Include positive experiences**, fun, enjoyment, and positive people in your daily life. Even if you cannot enjoy something as much on a “down day,” make sure you try every single day. Sometimes **acting “as if”** you are happier or where you want to be can create positive events.

Introducing the new Atlanta Center for Eating Disorder Blog!

Now you can get As-It-Happens news from ACE, in addition to the monthly newsletter.

Feel free to comment and share about your experiences with ACE and your recovery.

You can find our new blog at <http://atlantacenterforeatingdisorders.blogspot.com/>



Ten "Will-Powers" for Improving Body Image

Taking care of your body and doing things you enjoy will enable you to enjoy a happy, participatory life.

1. Twice a day, everyday, **I will** ask myself: "Am I benefiting from focusing on what I believe are the flaws in my body weight or shape?"
2. **I will** think of three reasons why it is ridiculous for me to believe that thinner people are happier or "better." **I will** repeat these reasons to myself whenever I feel the urge to compare my body shape to someone else's.
3. **I will** spend less and less time in front of mirrors--especially when they are making me feel uncomfortable and self-conscious about my body.
4. **I will** exercise for the joy of feeling my body move and grow stronger. I will not exercise simply to lose weight, purge fat from my body, or to "make-up for" calories I have eaten.
5. **I will** participate in activities that I enjoy, even if they call attention to my weight and shape. **I will** constantly remind myself that I deserve to do things I enjoy, like dancing, swimming, etc., no matter what my shape or size!
6. **I will** refuse to wear clothes that are uncomfortable or that I do not like but wear simply because they divert attention from my weight or shape. **I will** wear clothes that are comfortable and that make me feel comfortable in my body.
7. **I will** list 5-10 good qualities that I have, such as understanding, intelligence, or creativity. **I will** repeat these to myself whenever I start to feel bad about my body.
8. **I will** practice taking people seriously for what they say, feel, and do, not for how slender, or "well put together" they appear.
9. **I will** surround myself with people and things that make me feel good about myself and my abilities. When I am around people and things that support me and make me feel good, **I will** be less likely to base my self-esteem on the way my body looks.
10. **I will** treat my body with respect and kindness. **I will** feed it, keep it active, and listen to its needs. **I will** remember that my body is the vehicle that will carry me to my dreams!

I will choose to take care of myself and my body!

Written by: Michael Levine, Ph.D., and Linda Smolak, Ph.D

How MINDFULNESS improves memory.

Finding: Regular mindfulness meditation may slow down age-related cognitive decline, according to a recent Massachusetts General Hospital study. Using MRI scans, the researchers found that meditators' cortices were much thicker (a sign of neuronal growth) than those of nonmeditators. The differences were most pronounced in older subjects in the region that governs attention.

Tip: "Think of it as a 'use it or lose it' phenomenon," explains lead study author Sara Lazar, PhD. "Mindfulness meditation exercises the same part of the brain used for memory and attention, so regular practice is thought to keep it sharp, flexible, and active"



For previous newsletters,
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