

Understanding Eating Problems from MIND

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/about/#.WCOdfKAReA>

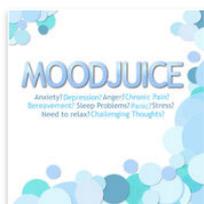
The screenshot shows the MIND website's 'Eating problems' page. At the top is the MIND logo with the tagline 'for better mental health'. A navigation bar contains links for 'Information & support', 'About us', 'News & campaigns', 'Get involved', 'Workplace', and 'Shop'. Below this is a breadcrumb trail: 'Home > Information & support > Types of mental health problems > Eating problems > About'. The main heading is 'Eating problems', followed by a brief description: 'Explains eating problems, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.' Below the description are links to 'Download PDF (345.2KB)' and 'Order printed copies from our mail order service', along with social media icons and a '1.2K' share count. At the bottom, there is a blue button labeled '> About' and the text 'About eating problems'.

Moodjuice Self-Help on iTunes

Moodjuice Self-Help Guides

By Moodjuice

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Category: Self-Help

Language: English

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Links

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Description

These self help and relaxation audio guides introduce common mental health problems and describe methods for overcoming them.

Name	Description	Released	Price
1 Sleep Self Help (enhanced)	Moodjuice Self Help G...	£ 9 5 2011	Free View in iTunes
2 Sleep Self Help	Moodjuice Self Help G...	£ 9 5 2011	Free View in iTunes
3 Thought Challenging Exercise	Moodjuice Self Help G...	£ 29 4 2011	Free View in iTunes
4 Depression Self Help (enhanced)	Moodjuice Self Help G...	£ 18 4 2011	Free View in iTunes
5 Depression Self Help	Moodjuice Self Help G...	£ 18 4 2011	Free View in iTunes
6 Activity Scheduling	Make good use of you...	£ 18 4 2011	Free View in iTunes
7 Relaxation Guide	Learn how you can fee...	£ 14 2 2011	Free View in iTunes
8 Lifestyle	Consider making posit...	£ 11 2 2011	Free View in iTunes
9 Problem Solving	Improve your problem...	£ 9 2 2011	Free View in iTunes
10 Communication & Assertiveness	Improve your commun...	£ 7 2 2011	Free View in iTunes
11 Anger Self Help (enhanced)	Moodjuice Self Help G...	£ 4 2 2011	Free View in iTunes
12 Anger Self Help	Moodjuice Self Help G...	£ 3 2 2011	Free View in iTunes
13 Visualisation Exercise	Moodjuice Relaxation ...	£ 15 12 2010	Free View in iTunes
14 Relaxation Exercise	Moodjuice Relaxation ...	£ 14 12 2010	Free View in iTunes
15 Progressive Muscular Relaxation	Moodjuice Relaxation ...	£ 13 12 2010	Free View in iTunes

Anorexia and Bulimia Care (ABC) tel: 03000 11 12 13

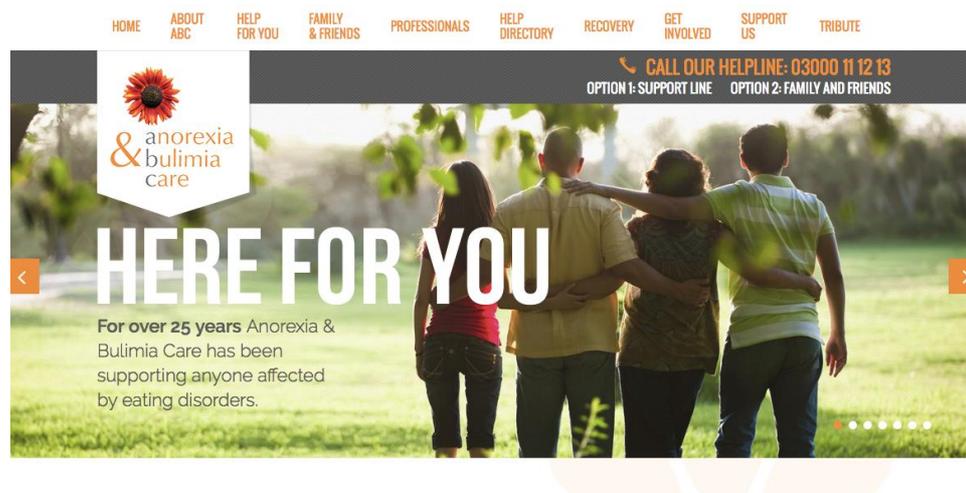
parent helpline: Option 1

sufferer helpline: Option 2

self-harm helpline: Option 3

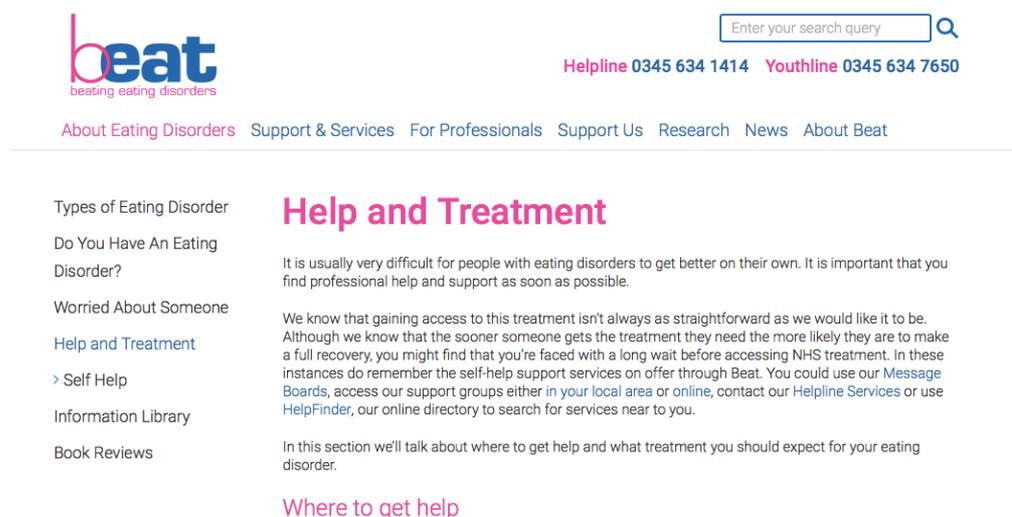
web: anorexiabulimiare.org.uk

Provides advice and support to anyone affected by an eating problem.



Eating disorders, sound advice and helpline from b-eat.

<https://www.b-eat.co.uk/about-eating-disorders/help-and-treatment>



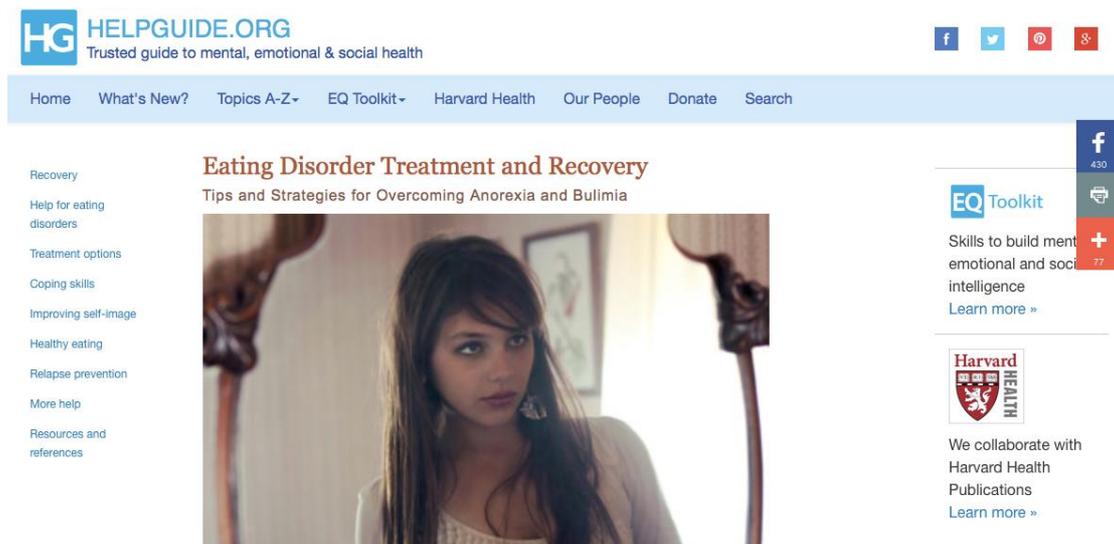
Moodgym

<https://moodgym.anu.edu.au/welcome>



Eating disorders- this is Australian, a complete self-help package.

<http://www.helpguide.org/articles/eating-disorders/eating-disorder-treatment-and-recovery.htm>



Linked to the Australian website are a series of Self-Help worksheets-
http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=48

The screenshot shows the website for the Centre for Clinical Interventions. The header is orange with the text 'Centre for Clinical Interventions' and '•Psychotherapy•Research•Training'. A blue sidebar on the left contains a menu with items: ABOUT Us, RESOURCES, FOR GPs, TREATMENT PROGRAMMES, WORKBOOKS, TRAINING, RESEARCH, LINKS, and REFERRALS. The main content area has a green header with 'Resources' and three green dots. The title is 'Overcoming Disordered Eating - Part A'. The text describes the information package and lists three modules with their descriptions and PDF document sizes.

Centre for Clinical Interventions
•Psychotherapy•Research•Training

Resources

Overcoming Disordered Eating - Part A
Overcoming Disordered Eating - Part A: This information package is designed to provide you with some information about disordered eating - how it develops, how it is maintained, and strategies to start to change the problem behaviours associated with disordered eating. This infopax is organised into modules that are designed to be worked through in sequence. We recommend that you complete one module before going on to the next. Each module contains information, worksheets, and suggested exercises or activities.

Modules:

- **Module 1: What is an Eating Disorder?**
This module provides an overview of what eating disorders are, their impact, and the role of dieting and healthy weight. *PDF document: 495kb. Updated 4 October 2013*
- **Module 2: How Ready am I to Change?**
This module explores preparedness to change disordered eating behaviours, and also outlines some of the treatment options for eating disorders. *PDF document: 349kb. Updated 4 October 2013*
- **Module 3: How Eating Disorders are Maintained**
This module outlines some of the factors which maintain disordered eating and create a vicious cycle. *PDF document: 527kb. Updated 4 October 2013*

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- Module 4: Self-Monitoring
This module explains the importance of self-monitoring of eating behaviours, and provides a food log worksheet. *PDF document: 393kb. Updated 4 October 2013*
- Module 5: Regular Eating and Weighing
This module provides a rationale for regular eating and weighing, along with guidelines and worksheets. *PDF document: 429kb. Updated 4 October 2013*
- Module 6: Binge Eating, Purging and Driven Exercise
This module explains the role of binge eating, purging, and driven exercise, and how these behaviours maintain disordered eating in a vicious cycle. *PDF document: 451kb. Updated 4 October 2013*
- Module 7: Moods and Disordered Eating
This module explores the way emotions and difficulty handling moods can affect disordered eating behaviours, along with strategies to manage moods. *PDF document: 546kb. Updated 4 October 2013*
- Module 8: Dietary Rules
This module explores the role of dietary restriction and rules in maintaining disordered eating, along with guidelines for normal eating. *PDF document: 499kb. Updated 4 October 2013*
- Module 9: Progress Review and Barriers to Change
This module helps you to review your progress through the modules so far and to identify any potential barriers to progress. *PDF document: 497kb. Updated 4 October 2013*

http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=49

Overcoming Disordered Eating - Part B: This information package follows on the Overcoming Disordered Eating - Part A, and provides some strategies and techniques to change the thinking patterns associated with disordered eating. This infopax is organised into modules that are designed to be worked through in sequence. We recommend that you complete one module before going on to the next. Each module includes information, worksheets, and suggested exercises or activities.

- Module 1: Overevaluation of Weight and Shape
In this module we will explore in more detail how people with eating disorders place an unusually high value on controlling their eating, weight and/or shape, and how they judge their self-worth accordingly. We will show how this leads to an over-evaluation of control over eating, weight and/or shape, and how this preoccupation and other factors keep the disordered eating going. *PDF document: 621kb. Updated 4 October 2013*
- Module 2: Challenging Unhelpful Thinking
This module provides information and strategies to help you start changing the thoughts associated with your disordered eating and weight control habits *PDF document: 420kb. Updated 4 October 2013*
- Module 3: Challenging Dietary Rules

This module introduces a range of strategies for challenging dietary rules and restriction, and food avoidance. *PDF document: 535kb. Updated 4 October 2013*

- Module 4: Body Checking / Avoidance and "Feeling Fat"
This module discusses some of the consequences of over-emphasising shape and weight. *PDF document: 542kb. Updated 4 October 2013*
- Module 5: Low Self-Esteem
This module explores the role of low self-esteem in disordered eating and weight control habits. *PDF document: 450kb. Updated 4 October 2013*
- Module 6: Improving Low Self-Esteem
This module offers strategies for improving self-esteem by developing new rules for living and new, more balanced beliefs about yourself. *PDF document: 468kb. Updated 4 October 2013*
- Module 7: What are Mindsets?
This module describes the "eating disorder mindset," a set of distorted beliefs about eating, weight and shape. *PDF document: 415kb. Updated 4 October 2013*
- Module 8: Changing Mindsets
This module provides more strategies for replacing the old "mindset" with new, more helpful messages. *PDF document: 314kb. Updated 4 October 2013*
- Module 9: Relapse Prevention
This module helps you develop a plan for maintaining the goals you have achieved so far and another plan for preventing relapse into old disordered behaviours and thoughts related to eating, shape and weight. *PDF document: 461kb. Updated 4 October 2013*