


6 Coping Skills to Overcome Binge Eating

You *can* overcome binge eating! It's completely possible to be fully recovered and stop binge eating. Here's 6 tips to get you started.

1. **Record:** Record how often binges are happening. You want to record what time of day they occur, what you are eating, who is around, and most importantly: what you are feeling and thinking before/ during the binge. Information is key to treating binge eating disorder. You may start to notice Sunday afternoons are a pattern, or when you're home alone. You can start to recognize triggers before they lead to a binge.

2. **Make a Pros/ Cons List:** There are some benefits to binge eating. Think of binge eating as the tip of the iceberg. It's a surface level behavior but there is a lot going on underneath. These exercises help to start figuring out what's beneath the surface. Some example are: Pros to binge eating (*it is numbing*) ; Cons to binge eating (*I feel sick after and my mood drops*).

3. **End the Restriction:** This is the most important key to overcome binge eating disorder. This alone will make the biggest difference. It's not easy to implement and takes some work with a professional. Binge eating often occurs because your body is hungry due to being on a restrictive diet. Make sure you are eating 3 solid, SATISFYING meals a days with snacks in between. Find a dietitian in your area to evaluate where you are restricting.



4. Be Curious About Emotional Restriction: Once you stop restricting food, focus on what you are restricting emotionally. Are you being the food police and judging yourself when you eat specific foods? What are your thoughts when you are eating that cookie? Fully allow yourself to eat whatever food you are eating, without judgement. Are you placing rules around certain foods?

5. Mindfulness: Being mindful takes practice. Be mindful that you are feeling upset. Instead of just feeling anxious say "I am aware I am feeling anxious". Don't fight that feeling. Stay with it, breath into it. Be aware of your body's reactions to certain situations, people and places. You'll learn a lot about yourself when you start to do so.

6. Practice Self-Compassion: You never signed a contract promising to be a flawless, perfect human being (and thank goodness, neither did I!). It's unrealistic to live your life this way, but a lot of people struggle with perfectionism. Next time you make a mistake, practice being gentle and kind to yourself instead of being harsh and critical.



Books I Recommend:

Self Compassion by Dr. Kristin Neff

Intuitive Eating by Elelyn Tribole and Elsy Resch

8 Keys to Recovery from An Eating Disorder by Carolyn Costin and Gwen Schbert Grabb

Podcasts to Listen To:

Food Psych with Christy Harrison

Nutrition Matters by Paige Smathers


Nourishing Womens Podcast

Next Steps:

Overcoming binge eating is hard. There is no way to minimize the work it takes to recover. It's a mental health disorder that takes a lot of work to overcome. Working with a professional is needed.

Seek out a therapist in your area who specializes in eating disorder treatment.

Go to www.collidebehavioralhealth.com to see how to get started.



Disclaimer: This is in no way a replacement for a therapeutic relationship or mental health services. This is for educational purposes only and should be used only in conjunction with a licensed mental health professional. If you are looking for a local professional in your area use [Psychologytoday.com](https://www.psychologytoday.com) to find one in your area.