

Eating Disorders



❖ How to recognize that you got bulimia nervosa



Thinking about food all the time



Eating to get rid of fears and tensions



Eating secretly



Feeling unable to stop eating

❖ Some strategies to overcome bulimia nervosa

1

Manage stressors and fatigue

2

Avoid foods' temptations

3

Organize your meals

4

Exercises

5

Resisting boring

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Sleep well



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