



A psychologist could help me.....

- To consider what changes I might like to make, and help me prepare for change
- Learn strategies to manage worry, anxiety and panic attacks
- Change unhelpful and negative thought patterns
- Develop strategies to manage difficult emotional states
- Understand how beliefs about myself are affecting my thoughts and behavior
- Address low self-worth and negative self-image, and develop more positive self-image
- Learn communication skills to have my needs met and manage conflict better
- Learn skills to manage urges and triggers
- Manage unhelpful and obsessive behaviours
- Learn relaxation, breathing and mindfulness techniques
- Alleviate sleep disturbance
- Manage substance abuse or self-harm
- Understand what behavioural and thought patterns are maintaining the eating disorder
- Manage compulsive exercise
- Develop good relapse prevention strategies