



EATING DISORDERS AWARENESS

If you are concerned about a teammate who you think may have an eating disorder, here are some suggestions:

DO:	DON'T:
✓ Realize there is no quick and easy solution.	✗ Ask “How can I help? What do you need?” The person with the eating disorder usually does not know.
✓ Encourage your teammate to get professional help from someone experienced in treating eating disorders.	✗ Make your love a condition of the individual’s appearance, health, weight, achievement or any other attribute. Don’t comment – positively or negatively – on appearance or weight.
✓ Express honest love by physical and verbal affection. Value your teammate with the eating disorder so she/he can learn to value herself/himself.	✗ Feel guilty or dwell on causes.
✓ Realize that your teammate is ambivalent about getting well and takes comfort in the rituals of their disorder.	✗ Allow yourself to be manipulated. Require your teammate to take responsibility for her/his behavior.
✓ Encourage decision making and being responsible for those decisions.	✗ Force or encourage your teammate to eat or “eat properly.”
✓ Allow your teammate to be in charge of her/his routines of daily life.	✗ Try to control your teammate’s behavior. It can only intensify the problem.
✓ Realize that by giving up control, you’re setting the stage for your teammate to develop healthy self-control.	✗ Impose rules except those which are necessary for the individual’s safety and wellbeing. Avoid power struggles.
✓ Seek treatment for anyone who is in jeopardy of endangering themselves or others.	✗ Expect or hope for your teammate to be perfect or to be “cured” after treatment. Recovery can be a long process.
✓ Educate yourself about eating disorders and effective means of treatment (consult the Lehigh University Sports Medicine staff).	✗ Expect that the amount of time you worry will somehow help. See that your teammate receives proper treatment, then help yourself to relax.
✓ Remember to take care of yourself and keep your lifestyle as normal as possible.	
✗ Panic. Look around for the help you need.	