



PSYCHOTHERAPY

WARNING SIGNS OF EATING DISORDERS & DISORDERED EATING



Recognising the signs early can make a meaningful difference.



BEHAVIOURAL SIGNS

- Changes in eating patterns
- Skipping meals or restricting food
- Calorie counting or rigid food rules
- Frequent bathroom visits after meals
- Excessive or compulsive exercising
- Eating in secret or hiding food
- Eating large amounts of food or very fast



THOUGHTS & FEELINGS

- Preoccupation with food, weight or body shape
- Anxiety around eating or certain foods
- Mood swings, irritability or low mood
- Untruthful about food consumption - how much, when, or their weight
- Distress if a routine is disturbed



BODY IMAGE SIGNS

- Frequent body checking behaviours
- Avoiding mirrors or reflective surfaces
- Wearing loose or baggy clothing
- Significant weight loss
- Expressing strong dissatisfaction with shape and/or weight



SOCIAL SIGNS

- Withdrawing from friends and activities
- Avoiding eating in front of others
- Social isolation due to mood swings, irritability, fatigue
- Making excuses to miss social events involving food

COMMONLY MISSED SIGNS

- Cutting food into small pieces
- Eating slowly - ritualistic eating
- Being secretive about food intake
- Keeping food rules rigid or inflexible
- Increased interest in cooking or baking for others, but not eating



*You do not need to wait until things become 'out of control' to seek help.
Early intervention and support can make a meaningful difference. ♥*

ATVIRA PSYCHOTHERAPY

📍 Swords, Co. Dublin & Online
🌐 www.atvirapsychotherapy.ie