

**change your
narrative**

**SOMETIMES I STRUGGLE
WITH AN IMAGE MATTER,
WHAT SHOULD I DO?**

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www.ChangeYourNarrative.org

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SHIFTING INCOMPLETE STORIES
OF IMAGE MATTERS
TOWARDS TRUTH.

How To Use This Book

Depending on what you are looking for, you can use this book in a variety of ways. Feel free to skim, read every line, or just check out our videos.

We believe important topics call for important conversations which is why some of our material is presented via videos. In order to access the videos, you will need to click the link if you are reading via a digital device such as Kindle. If you have a physical copy of the book, you can access the links via QR codes.

A QR Code looks like this and can be scanned using your device's camera:



On an iOS device, simply open the camera app and point your camera over the code. A notification will pop up, asking if you would like to head to YouTube.

On an Android device, you will need to download a QR code app. Our team recommends several options, all of which are free as of this printing:

- QR & Barcode Scanner
- QR Code Reader
- Free QR Scanner by Avira
- QR DROID PRIVATE
- Kaspersky QR Scanner

I Am Glad You Are Here...

It takes courage to begin a journey to seek wholeness. Though many of us will face individual struggles in our own life—there are some struggle which feel as if they have the power to take the pen and write our future.

But you are the author—not any pain, brokenness, or hurt of your past and present.

The goal of this book is to create an environment of support along with hosting resources and tools which guide you towards wholeness.

One question constantly pushes me towards the future.

I would ask you the same question:

WHAT IF YOU ONLY KNEW
the first half of your story?

As you go through the next few pages, know I believe in your future and hope you find all of the tools you need to help you take action and fight back against image matters which seek to call the shots in your life.

Because your story—is far from over.

Let's Admit, This Is Hard

I want to acknowledge its hard to know *how* to find ways to take action. Then, once you do find a path, it is difficult to walk it through to wholeness. Healing is not a one-time event. It is a process. Throughout that process, there will be numerous obstacles. This side of the journey must be acknowledged. Yet, even with the challenge, I believe you have what it takes to make it through.

We are rooting for you, not only once you complete your journey, but every step through it.

If you or someone you care for is in danger of harm, please contact one of the numbers below or turn to the resource section at the back of this book.

For Immediate Help:

Covenant House- 1800-999-9999

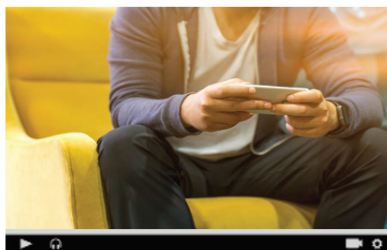
National Suicide Prevention Lifeline - 1-800-273-8255

Youth Crisis Line – 1800 Hit Home

Hopeline 1800-442-5673

<http://www.crisischat.org/chat>

Video: What Is Like To Call A Hotline?



<https://youtu.be/6IRGmusmp1M>

SHIFTING THE NARRATIVE
of lost hope

What Is An Image Matter?

The Oxford dictionary defines self image as, “The idea one has of one’s abilities, appearance, and personality.”¹

But is appearance is tied to ability and personality?

In a media saturated world—I believe many of us are struggling with an image matter—which I would define as an unhealthy view that one’s own worth, value, and identity being first defined by physical appearance.

But what if you are more?

Studies have shown that image matters are rampant. Many individuals who struggle wrestle with confidence, self-esteem, or negative self-talk. Some individuals pair negative thoughts with harmful behaviors. When those behaviors become habit—this might be defined as an eating disorder.

This does not mean all individuals who struggle with an image matter have an eating disorder.

But if you are one of the 30 million people of all ages and genders suffer from an eating disorder in the U.S.², I want you to know you are not alone.

No matter the severity of your behaviors or thought patters, I want you to know my team and I are rooting for you.

The thoughts in your head and heart may be sourced from a legitimately sourced desire, yet allowing an image matter to hold the pen of your story is not your final fate.

I believe you have what it takes to shift the incomplete story of an image matter towards truth and discover an identity which goes beyond image.

What Is An Image Matter? - Video Discussion



<https://youtu.be/OH0rBxjNU04>

What Is An Eating Disorder?

While the three top eating disorders remain Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder there are several, disorders which are recognized by the American Psychiatric Association's (DSM-5).

Whether common or rare, each of these conditions disrupt the lives of thousands. If you recognize these behaviors, we recommend seeking professional care.

[Healthline.com](https://www.healthline.com) helps us to understand the fact each of these issues are about more than food. They state that each of these are "complex mental health conditions that often require the intervention of medical and psychological experts to alter their course."³ These conditions include:

Anorexia Nervosa

Characterized by restrictive habits in an effort to lose weight along with a misconception of one's physical appearance, no matter their weight level.

Bulimia Nervosa

Characterized by eating large amounts of food often followed by purging that food from the body.

Binge Eating Disorder

Characterized by eating large amounts of food, without purging behaviors.

Rumination Disorder

Characterized by regurgitation & re-swallowing.

Avoidant/Restrictive Food Intake Disorder

Characterized by purposefully avoiding or restricting food intake.

Purging Disorder

Characterized by purging behaviors without bingeing.

To learn more about the signs and symptoms, we recommend the following article on www.Healthline.com and their article found here: <https://www.healthline.com/nutrition/common-eating-disorders>

Or visit HelpGuide.Org at <https://www.helpguide.org/home-pages/eating-disorders.htm>

What Is An Image Matter? - Video Discussion



Link https://youtu.be/gT8DMsgr_gw

How Many Individuals Struggle?

- 30 million people of all ages and genders suffer from an eating disorder in the U.S.²
- The most common eating disorder in the United States is binge eating disorder (BED). It is estimated that 3.5% of women, 2% of men, and 30% to 40% of those seeking weight loss treatments can be clinically diagnosed with binge eating disorder.⁴
- 40-60% of elementary school girls (ages 6-12) are concerned about their weight or about becoming too fat. This concern endures through life.⁵
- Eating Disorders Clinical and Research Program at [Massachusetts General Hospital](#), says that 40 to 60 percent of high school girls in the U.S. are dieting and 13 percent are purging.⁶
- 91% of women who were surveyed on a college campus had tried to control their weight by dieting, and 22% of them dieted “often” or all the time.⁷
- The Butterfly Foundation in Australia reported 40% of people experiencing Binge Eating Disorder are men.⁸
- Eating disorders statistics tell us that in order for treatment to be successful, it must be multifaceted. It must include medical care, mental health care, and nutritional education and counseling.⁹ With treatment, 60% of eating disorder sufferers make a full recovery.⁹

What Are The Warning Signs?

The National Eating Disorders Association explains the signs and symptoms of several eating disorders in the below video:

<https://youtu.be/nJMtReAg1DI>

Due to the intricate nature of multiple Eating Disorders, for a listing of warning signs and symptoms, please see:

<https://www.nationaleatingdisorders.org/learn/by-eating-disorder/anorexia/warning-signs-symptoms>

Additionally, if you or someone you care about are seeking a tool in order to determine if it is time to reach out for professional help, consider utilizing the National Eating Disorder Association's Screening Tool, available here:

<https://www.nationaleatingdisorders.org/screening-tool>



Scan QR code to access tool

Guilt Versus Shame

I want to take a moment to share something personal. I believe that both guilt and shame can be triggers for negative head space and broken thoughts. Because of this, it is important for me to share how I see guilt and shame, and how we can work through them.

Guilt is the aftermath of an action. It can be healthy—as it lets us know *what we did* was wrong. Shame, on the other hand, is the cruel rebranding of our identity. It suggests that because of an action—we are somehow a different person. It seeks to stake a claim on *who we are*.

Guilt can be healthy. Our words, actions, and behaviors have consequences. Guilt helps us to take ownership, learn, and grow. Shame, however, doesn't offer a solution. It just grips our thoughts & emotions in a vice.

How do we escape the trap of shame? I want to continue this critical conversation in the video below.

Guilt Versus Shame - Video Discussion



<https://youtu.be/sRzXXuxH-XE>

PLACE YOUR
HAND OVER
YOUR HEART,
CAN YOU FEEL
IT? THAT IS CALLED
PURPOSE. YOU'RE
ALIVE FOR A
REASON SO DON'T
EVER GIVE UP.
-UNKNOWN AUTHOR

Is It Okay To Talk About Image Matters?

The fact you are asking, is a positive thing. The short answer, is “Yes.” And with that, I would also add it is important to find the right place to talk about it. This is not a matter of shame or an indication that your story is not worth listening to. Instead, what I want for you is for you to have every possible option of being heard as you share such an important part of your thoughts and feelings.

Because of this, I want to take the next few pages and talk about how to share, who to share with, and small steps you can take as you work towards discussing the matter with someone who can help you take healthy, positive action.

As always, however, if you are in danger or harm, be sure to consult with a professional immediately; or call 911.

Ways to reach out:

Covenant House- 1800-999-9999

National Suicide Prevention Lifeline - 1-800-273-8255

Youth Crisis Line – 1800 Hit Home

Hopeline 1800-442-5673

<http://www.crisischat.org/chat>

How To Talk About An Image Matter

It can be scary to think about opening up and explaining what you are thinking and feeling. But, your story is worth sharing. Since the conversation is important, there are a few things you can do which will help it to be heard.

Prepare

If you have the ability to, jot down a few bullet points—things you are thinking and feeling. It is okay to have those with you when you share. It can help you keep going and know what to say next.

Give Them A Heads Up

You do not have to immediately come out with your most vulnerable thoughts and feelings first. In important conversations it can be helpful to frame what you want to share by saying things like, “I need to talk about something important, that might be difficult for me to say.” or “I want to share something but I am afraid you won’t understand—would you be willing to listen?”

Be Clear

It is vital for you to be extremely clear on the extent of your thoughts and feelings.

Take A Healthy Action Step

Opening up about what you are thinking and feeling is the first step. If someone responds positively to you, ask them if you can take an action step together. This might mean talking to a loved one, finding professional guidance, calling a hotline together, or a range of other ways to seek wholeness.

The goal is to leave a conversation with a clear understanding of what you are going through, what your thoughts and feelings are and have been, and what healthy, next steps can be taken.

How To Talk About It - Video Discussion



<https://youtu.be/8yYr55aO0Lg>

What To Share About An Image Matter

Just like the question, “When is it good to share?” you might wonder exactly *what* to share. When there is a lot going on inside of the head and heart, it can feel overwhelming to decide what to talk about.

Just as in the “When To Share” video, I have a full conversation which discusses “What to share?” below.

But for starters, let’s consider a few key points.

It is good to share:

- What you think and feel right now.
- What you have thought and felt recently.
- What the source might be.
- What you would like to do next.

What To Share? - Video Discussion



<https://youtu.be/H3Hrz6oZu-c>

NOBODY TRIPS

over mountains.

IT IS THE SMALL

PEBBLE THAT

CAUSES YOU

TO STUMBLE.

Pass all the

PEBBLES IN

YOUR PATH AND

YOU WILL FIND YOU

HAVE CROSSED

THE MOUNTAIN.

AUTHOR UNKNOWN

4 Ways To Talk About Image Matters

If you are not in immediate danger or harm, and it is safe to take it a bit slower before opening up, consider these steps to begin walking towards reaching out to a loved one or professional support individual:

4 ways to practice taking about image matters:

- Practice telling yourself the story.
- Practice telling an anonymous advocate.
- Practice telling someone who cares about you.
- Practice telling someone who can be with you when you consult a professional.

Each step comes with opportunities for courage.

And yes, each step could face obstacles. So, let's explore those in more detail next.

4 Ways To Practice Sharing- Video Discussion



<https://youtu.be/23ju0VXirqk>

Practice Telling Yourself The Story

Why this is good:

You are 100% in control of telling yourself the story, giving it room to surface however you want, with whatever words you want. No one's reactions are part of your story coming to the surface.

Why this might be hard:

- You may not know where to start.
- You might feel lonely afterwards.

For a more in-depth discussion about these points, check out the video below.

Practice Telling Yourself The Story - Video Discussion



<https://youtu.be/TbqAFnPpk6E>

Practice Telling An Anonymous Advocate

Why this is good:

You are building your courage to let your story be heard by someone else. This can give you confidence to know your story is not invalidated. Through this experience, you are learning how to share your story.

Why this might be hard:

- You wish the connection could last.
- You wish they had given you more.
- Someone may not have been “in the game.”

For a more in-depth discussion about these points, check out the video below.

Practice Telling An Advocate - Video Discussion



<https://youtu.be/cciiuRCg2RI>

Practice Telling Someone Who Cares About You

Why this is good:

Sharing your story with someone who knows you and cares about you allows you to have a conversation with someone who understands your history. This can help you feel the most amount of support and validation.

Why this might be hard:

Sometimes, those who care about us listen and hear us—while they are thinking about how it impacts them. The combination of their own thoughts and feelings might mean they do not react well, even though sharing with them is important.

For more, check out the video below.

Practice Telling Someone Who Cares - Video Discussion



<https://youtu.be/t6mVirQhbh0>

Practice Telling Someone Who Helps You Take Action

Why this is good:

You might know it is time to take a healthy action step and get a professional involved. This might mean a doctor, therapist, coach, pastor, or another trained, skilled individual. But, you may not want to do that alone. Involving someone who can be with you might help you to be able to move forward.

Why this might be hard:

At times, it might feel as if they are pushing you past your comfort zone. Feel free to have a conversation with them letting them know how you feel.

For more, check out the video below.

Practice Telling Someone & Take Action - Discussion



<https://youtu.be/shUSo1U1A2c>

CREATE A

TRAINING PLACE

AND STRATEGY SPACE

What Kind Of Help Exists?

Due to the intensive nature of image matters and the fact it speaks to deep internal struggles, finding help for eating disorders usually begins by sharing with a skilled professional. This often happens after someone tells a trusted individual life who can help them connect with that skilled professional.

Anything which is locked inside of your thoughts and feelings deserves a place to be processed in a safe environment which can give you actionable guidance and tools.

Additionally, there are a host of tools which can help you find steps to taking action. These include:

- Apps Which Offer Mental Health Support
- Communities With Offer Support
- Finding A Professional

What Kind Of Help Exists? - Video Discussion



<https://youtu.be/A7CNzHsrg0M>



Apps Which Offer Support

TalkLife offers online support similar to group therapy. Share anonymously or with your name.

Moodpath offers 14 days of check ins, providing an overview of your emotional well-being. Plus 100+ exercises.

Happify includes games and activities which elevate mood and build resilience through CBT, mindfulness and positivity.

What's Up aids individuals in discovering the cause of feelings and thoughts through guided questioning.



Self-Help For Anxiety Management (SAM) offers an anxiety toolkit which tracks thoughts and behaviors, while also offering tools to combat negativity.

Panic Relief provides coping strategies, exercise, and breathing techniques to help move through a moment of panic.

PTSD Coach provides ways to understand PTSD along with how to find additional help.

BeyondBlue App provides tools to build and implement a safety plan.



Communities Which Offer Support

NEDA's Network Of Support Groups

<https://www.nationaleatingdisorders.org/help-support/support-groups-research-studies>

Regionally searchable, local support groups.

To Write Love On Her Arms -

<https://twloha.com/find-help/>

Extensive, geographically based options for free or low cost counseling, support groups, therapy options and more. Simply type in your zip code for access to options.

The Butterfly Foundation -

<https://thebutterflyfoundation.org.au>

Offers online support, education, and relatable stories for men battling eating disorders.

Catalog Of National & International Support

<https://anad.org/education-and-awareness/online-resources/eatingdisorderorganizations/>

Offers a global range of support pages, offering a diversity of resources for common and unique concerns.

Eating Disorder Support Center -

<http://edr.csv.org/free-online-support-groups/>

Offers community support for individuals who struggle and separate support groups for family members.

NAMI Connection Recovery Support Group

<https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Connection>

Offers peer-led support groups for a range of mental health struggles.

A thousand disappointments
IN THE PAST CANNOT

equal the power of

ONE POSITIVE

action right

NOW. GO AHEAD

& go for it.

UNKNOWN AUTHOR

A Conversation On Depression Medication And Natural Remedy

When thinking about sharing your story with a support professional, you may believe the first thing they will do is prescribe talk therapy or medication.


This is likely to be true. If that concerns you, it might help to do a little bit of research in order to understand what it means to take medication, the side effects, and what you can expect when considering your options.

In the video below, we have links to articles and voices which are more qualified to share.

Please note: In the instance of image matters, it is likely individuals will need more guidance and tools than depression or anxiety medication alone. This conversation is only offered as a means of alleviating the unknowns about medication and alternative options. Please consult with a medical doctor for all decisions regarding your health and mental well-being.

What Is The Right Type Of Help? - Video Discussion



 Watch video

<https://youtu.be/Vnch5AvmWAM>

Who Would Want To Help Me?

Why someone would want to help an individual struggling with image? I believe it comes down to the fact we see something you can't—your future, your pathway, and your value.

Your Future

We have an intrinsic belief that as you walk a path of wholeness and healing—you have a future.

Your Pathway

Trained advocates have studied to figure out what a pathway to wholeness and healing looked like. They want to offer tangible guidance.

Your Value

We have a foundational belief—that you have value. When we speak with you—it is directly tied into a reason why we believe you matter, have importance, and that the outcome of your life is important to us.

Who Would Want To Help Me? - Video Discussion



<https://youtu.be/xZNbZzgLyk>

The Obstacles In Seeking Help

It is fair to talk about the obstacles along the path, so we are not surprised by them. If you have faced one or all of the following—know that I hear you and I see you. I acknowledge the fact these moments can create tremendous setback or make it difficult to want to continue to fight for your wholeness. I can only hope you know you are not alone in that battle—and it is worth it to continue to fight on.

- Help Seems Hopeless
- A Question Of Worth
- Lack Of Energy
- Disappointing Attempts

For a more in-depth discussion about these points, including guidance on how to overcome them, check out the video below.

The Obstacles In Seeking Help - Video Discussion



Watch video

<https://youtu.be/P3DTsdnz8hA>

Building A Safety Plan

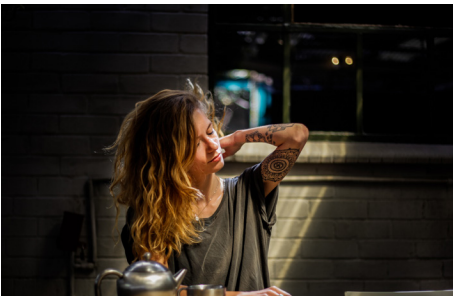
If you are taking a stand against image matters, you know it often fights back. Taking action each time is a battle which is not easy. Yet, we hope having a pathway to fight back helps you continue to seek wholeness.

Please note: Even with the best of plans, there are times in which a crisis is stronger than our plan. In those moments, seek immediate, professional help. The following ideas on how to fight back against eating disorders are not intended to take the place of professional help.

One such resource which has a fantastic list of tools and resources for creating a safety plan is *Challenge The Storm*: <http://challengethestorm.org/safety-plans-mental-health/>

Additionally, HelpGuide.org has tips on how to create a plan to fight back when an image matter occurs. <https://www.helpguide.org/articles/eating-disorders/eating-disorder-treatment-and-recovery.htm>

Building A Safety Plan - Video Discussion



<https://youtu.be/sy1yM31mX3s>

Safety Plan Resources

If you struggle beyond an image matter, and find yourself facing a range of additional struggles, know there are safety plan resources available for those too. Some of these include:

Suicide Prevention Lifeline – Safety Plan Template.

https://suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown_StanleySafetyPlanTemplate.pdf

1 page safety plan print off with space to write in warning signs, coping strategies, and more.

Get Self-Help

<https://www.getselfhelp.co.uk/docs/SafetyPlan.pdf>

Offers a second safety plan print off, with tools and resources from the UK.

Therapist Aid

<https://www.therapistaid.com/therapy-worksheets/suicide/none>

Offers free worksheets for building a self-harm safety plan, suicide assessment, and warning signs.

Nick's Experience With Using A Safety Plan

https://youtu.be/jW2Hvv_vN40

One young man's story of how he uses a safety plan in times which feel challenging.

The Goal Is Wholeness

Wholeness is about a state of contentment and peace in a life. It doesn't eliminate the past or any previous pain, instead it acknowledges how that pain has affected us—all while striving to form a new narrative.

Wholeness is about freedom—and I believe it is possible for each individual to discover for themselves.

Is it easy? Not at all. The pathway can be long and come with obstacles which may make us feel as if we may not make it.

But with the right support and tools—I intrinsically believe we can make it.

I welcome you to find it.

The Goal Is Wholeness - Video Discussion



<https://youtu.be/tG18UzeL26w>

Your Identity Goes Beyond The Struggle

In the core of who I am—I am convinced we are not defined by our struggles. Our identity goes far beyond what anyone stole from us, did to us, or how they disappointed us.

While it may be true you have faced a deep struggle or have been treated in ways you did not deserve, I believe this does not have to be the key identifier of what makes you—you.

Wholeness is still available. Though it requires a journey, it's a pathway to be free of pain's influences—as if it was the only thing to define your life. I believe you still have life in front of you and it is filled with the ability for hope, the ability to make a difference in other's lives, and the ability to go out there and have positive and meaningful impact.

Your Identity Goes Beyond The Struggle- Video



<https://youtu.be/CnMJlc8PIRE>

Your Invitation To Shift The Story

If you, or someone you care for, are looking for a way to walk a journey to shift an incomplete story towards truth, you are invited to change your narrative.

Come on a journey through twenty video-based pathway markers which offer guidance on how you or someone you care for can seek wholeness. Change Your Narrative believes everyone has the right to be able to take back the pen of your story.

Come On A Journey To Find Wholeness...



<https://www.youtube.com/watch?v=ThTdleKhcCY&t=6s>

Please Note:

All statements and views within this book, the **change your narrative** website, and the videos on our YouTube channel are strictly opinion based. They are not intended to be utilized as professional treatment or care. If you or someone you care for struggles with mental illness, depression, suicidal thought or destructive life choices, I highly recommend seeking out professional help.

If you are in immediate harm or danger call 911.

Additional Resources:

24/7/365 Crisis Call Center Hotline:

1 (1800) 273-8255

National Suicide Prevention Lifeline

1 (1800) 273-8255

Text "Answer" to 839863

Chat with a Soul Medic:

<http://remedylive.com/soulmedics/>



Resource Guide:

Apps Which Offer Support
Communities Which Offer Support

Resources For:

Parents
Families
Ministry Leaders
Teachers
Men



Apps Which Offer Support

TalkLife offers online support similar to group therapy. Share anonymously or with your name.

Moodpath offers 14 days of check ins, providing an overview of your emotional well-being. Plus 100+ exercises.

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Catalog Of National & International Support

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Offers peer-led support groups for a range of mental health struggles.



Resources for Parents

How To Help Someone With An Eating Disorder

What Mia Did Next

<https://www.youtube.com/watch?v=HbIB2W2kZus>

Mia gives her firsthand advice on what did and did not help her during her recovery process—and how you can support someone you care for.

Promoting Health Body Image In Your Children

<https://raisingchildren.net.au/pre-teens/healthy-lifestyle/body-image/body-image-teens>

Offers ways to influence your child's body image in a positive way, along with what signs to look for if you are concerned for your child.

Guys Get Eating Disorders Too

<https://thebutterflyfoundation.org.au/understand-eating-disorders/guys-get-eating-disorders-too/>

Provides education on how image matters present themselves for males—along with firsthand accounts.

5 Signs Your Teen Might Have An Eating Disorder

Mayo Clinic

<https://www.youtube.com/watch?v=yZpMT8dvqE0>

Offers 5 signals to look for—in under a minute.

How I Survived Anorexia

BBC Three

<https://www.youtube.com/watch?v=yZpMT8dvqE0>

Jodie, her mom, and her friend discuss Jodie's struggle and recovery from Anorexia—including how Jodie felt split into two person, and then I earned how to be whole.

National Eating Disorder Association Screening Tool

NEDA's website states this tool is, "appropriate for ages 13 and up — can help determine if it's time to seek professional help."

<https://www.nationaleatingdisorders.org/screening-tool>

Warning Signs And Symptoms

National Eating Disorders Association

<https://youtu.be/nJMtReAg1DI>

Explains the signs and symptoms of several eating disorders.

What's Eating You? A Workbook For Teens With Anorexia, Bulimia, And Other Eating Disorders by Tammy Nelson PhD

<https://www.amazon.com/dp/1572246073>

Provides insight combined with short, actionable prompts to build a circle of support, tools, and healing resources.

What Is My Identity?

Sadie Robertson

<https://www.youtube.com/watch?v=1kL2bXmfquw>

Sadie asks three questions to viewers to help them form the foundation of their identity, with a faith-based point of view.

Support For Families

NEDA's Network Of Support Groups

<https://www.nationaleatingdisorders.org/help-support/support-groups-research-studies>

Regionally searchable, local support groups.

The National Alliance On Mental Illness has a directory of support groups for you and your family.

<https://www.nami.org/find-support/nami-programs/nami-family-support-group>

The Society For Adolescent Health And Medicine has a comprehensive listing of additional support options.

<https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Parents-of-Adolescents.aspx>

Family Caregiver Alliance provides a map of network help in your area.

<https://www.caregiver.org/family-care-navigator>



Resources For Ministry Leaders

The Truth About Eating Disorders

Focus On The Family

<https://www.focusonthefamily.com/parenting/the-truth-about-eating-disorders/>

Offers a comprehensive overview of firsthand accounts of survivors and their families. Includes Scripture and advice to move towards recovery.

6 Biblical Counseling Resources On Eating Disorders

<https://www.rpmministries.org/2019/05/6-biblical-counseling-resources-on-eating-disorders/>

A list of 6 books which offer educational insight and encouragement for those who struggle and those who care for them.

Combating Eating Disorders With The Gospel Of Grace

<https://www.thegospelcoalition.org/article/eating-disorders-and-the-power-of-christ/>

One woman's story—and her discovery that grace and the Gospel offered the freedom she was searching for.

An Open Letter To Those Who Struggle—From A Preacher's Kid Who Struggled

<https://www.desiringgod.org/articles/an-open-letter-to-my-friends-struggling-with-eating-disorders>

An honest account of wrestling between an eating disorder and finding faith. Includes specific Scripture which sparked the shift in the author, along with 5 keys for those who struggle today.

Deadly Eating Disorders: What Youth Leaders Need To Know

<https://www.youthworker.com/articles/deadly-eating-disorders-what-youth-leaders-need-to-know/>

An overview of Eating Disorder Warning Signs and what you can do to be there for students.

Women's Ministry Toolbox

<https://womensministrytoolbox.com/disordered-eating/>

Provides a collection of resources for faith communities seeking to minister to girls and women who struggle with eating disorders.

Project Light Ministries

<https://www.projectlightministries.com/sts-resources>

Offers a sisterhood of community support for women who struggle.

How to Build Education, Understanding & Community Around Someone Who Is Struggling

<https://www.youtube.com/watch?v=xF3kXLz2MQs>

Life.Church

Offers a roundtable discussion of how to be supportive of someone who struggles.

Tips For Students – How To Talk About Mental Health

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes several prompts which help students get started with beginning an important conversation, including a letter template. Can be utilized as a means for helping young people frame the discussion.



Resources For Teachers

What's Eating You? A Workbook For Teens With Anorexia, Bulimia, And Other Eating Disorders by Tammy Nelson PhD

<https://www.amazon.com/dp/1572246073>

Provides insight combined with short, actionable prompts to build a circle of support, tools, and healing resources.

Tips For Talking About Your Mental Health

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes several prompts which help students get started with beginning an important conversation, including a letter template. Can be utilized as a means for helping young people frame the discussion.

Resources For Men

Guys Get Eating Disorders Too

<https://thebutterflyfoundation.org.au/understand-eating-disorders/guys-get-eating-disorders-too/>

Provides education on how image matters present themselves for males—along with firsthand accounts.

Braiden’s Story—A Guy’s Discussion On Bulimia

The Butterfly Foundation

https://www.youtube.com/watch?v=nmlgVXvw_VI&feature=youtu.be

Braiden shares his firsthand journey towards seeking recovery.

MLB Star Overcomes His Eating Disorder

Uninterrupted

<https://www.youtube.com/watch?v=awILNvTH6PA>

Seattle Mariners Catcher shares his struggle and journey to wholeness—along with insights from the documentary, “Uninterrupted.”

Millstone – Documentary About Eating Disorders In Men

Florence Pellacani

<https://www.youtube.com/watch?v=iRim224xFjE>

A collaborative efforts of numerous survivors, sharing their stories and search for recovery.

Heads Up Guys

<https://headsuptguys.org/mens-depression/suicide/>

Site offers male-specific action steps.

Man Therapy

<https://mantherapy.org>

Site uses humor to discuss difficult topics.

Face It Foundation

<https://www.faceitfoundation.org>

Provides guidance to overcome depression

Your Head: An Owner's Manual PDF Resource

<https://up2sd.org/wp-content/uploads/2016/04/ownersmanual-1.pdf>

Printable PDF filled with resources and tools for those wanting to learn more about male mental health issues.

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ImChangingIt.com



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