

Signs & Symptoms of an Eating Disorder

Anyone can be affected by an eating disorder and the signs and symptoms can differ between individuals. If you're worried about yourself or a loved one, **get in touch**.

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food

Have they changed around mealtimes? This might be more frequent conversations around food, dieting and/or their weight or shape etc.

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flips

How has their behaviour changed? They may appear to be more irritable or anxious, as well as denial that there is a problem.

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feelings

Is their self-worth determined by their size or what they have eaten? Do they have distorted views about their body, weight or shape?

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focus

Are they more tired than normal? They may appear to be taking more naps, unable to concentrate on certain tasks or struggling to sleep at night.

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fade

Have they started to hide food, or disappear to the toilet after meals? Are they isolating themselves socially or avoiding occasions which involve food?

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fitness

Has their attitude to exercise changed? Could any new behaviours be described as excessive in the way it impacts their routine and day-to-day life?

