

RECOVERING

HEAL

From Eating Disorders Together

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Welcome

LET'S CREATE A BRAVE SPACE

Confidentiality

Respect

Participation



Check In

Ice Breaker

What are your
names?

What are your
preferred pronouns?

Where would you
like to travel in the
world & why?



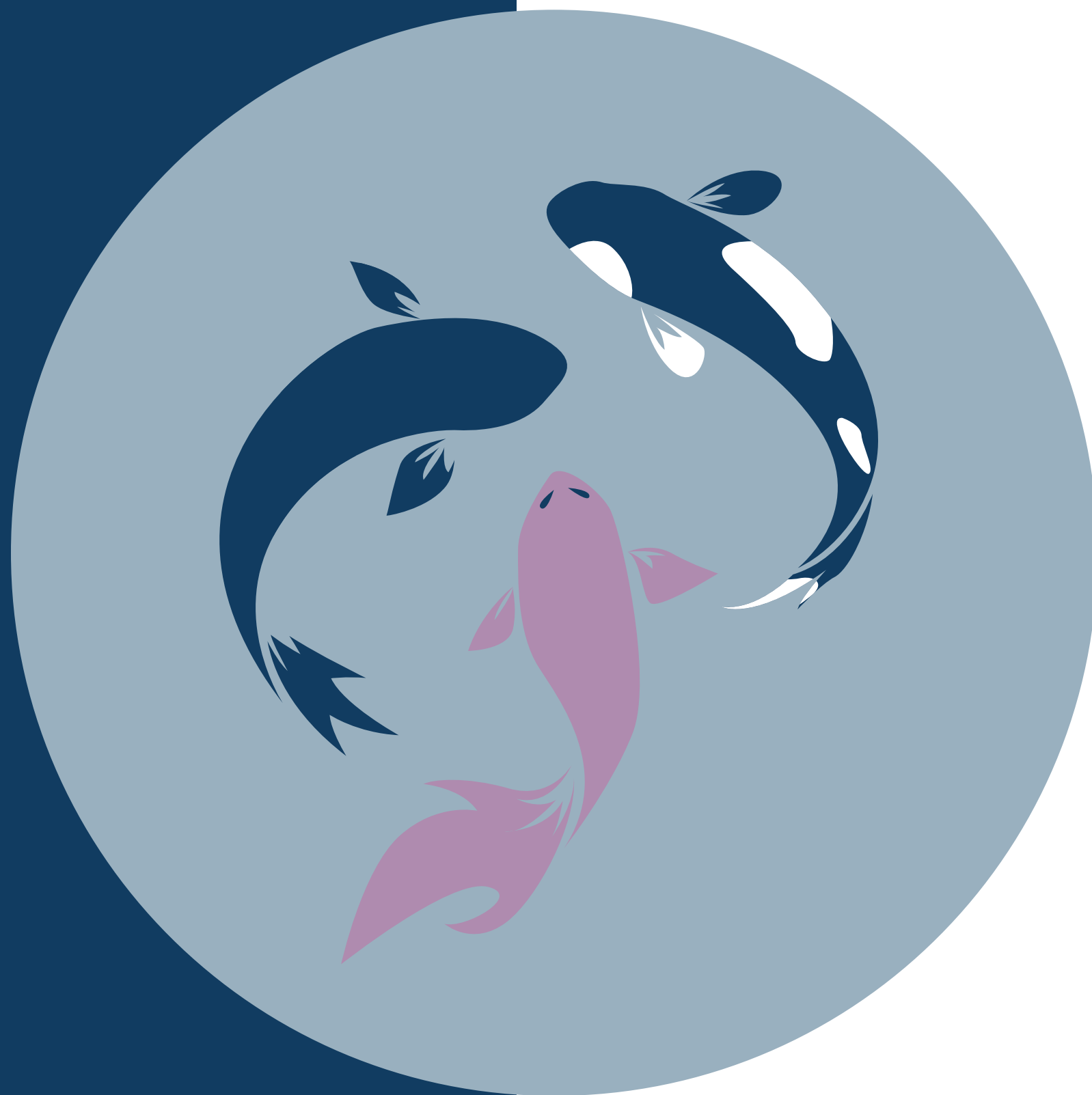
Family

YOU CANT LIVE WITH THEM
YOU CANT LIVE WITHOUT THEM

Biosocial Theory

My Family

AS ANIMALS





Empathy has no script. There is no right way or wrong way to do it. It's simply listening, holding space, withholding judgment, emotionally connecting, and communicating that incredibly healing message of 'You're not alone.'

BRENE BROWN

Empathy

vs

Sympathy





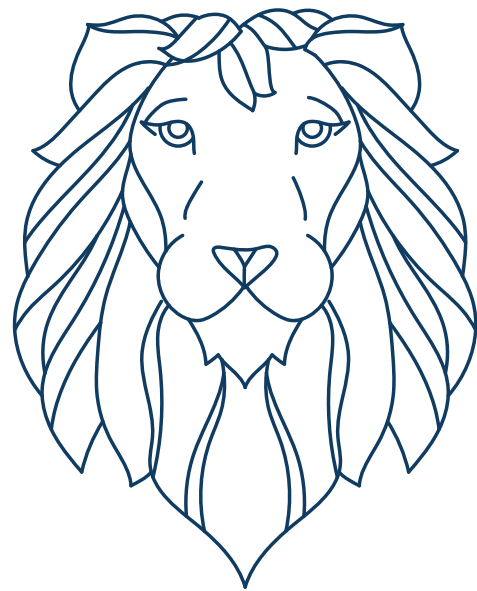
The Log Story

Why was it hard for the girl to let go of the log?

How would she have felt when people were calling her in to shore?

What did she need to hear?

What Gets in the Way



FIGHT



FLIGHT



FREEZE



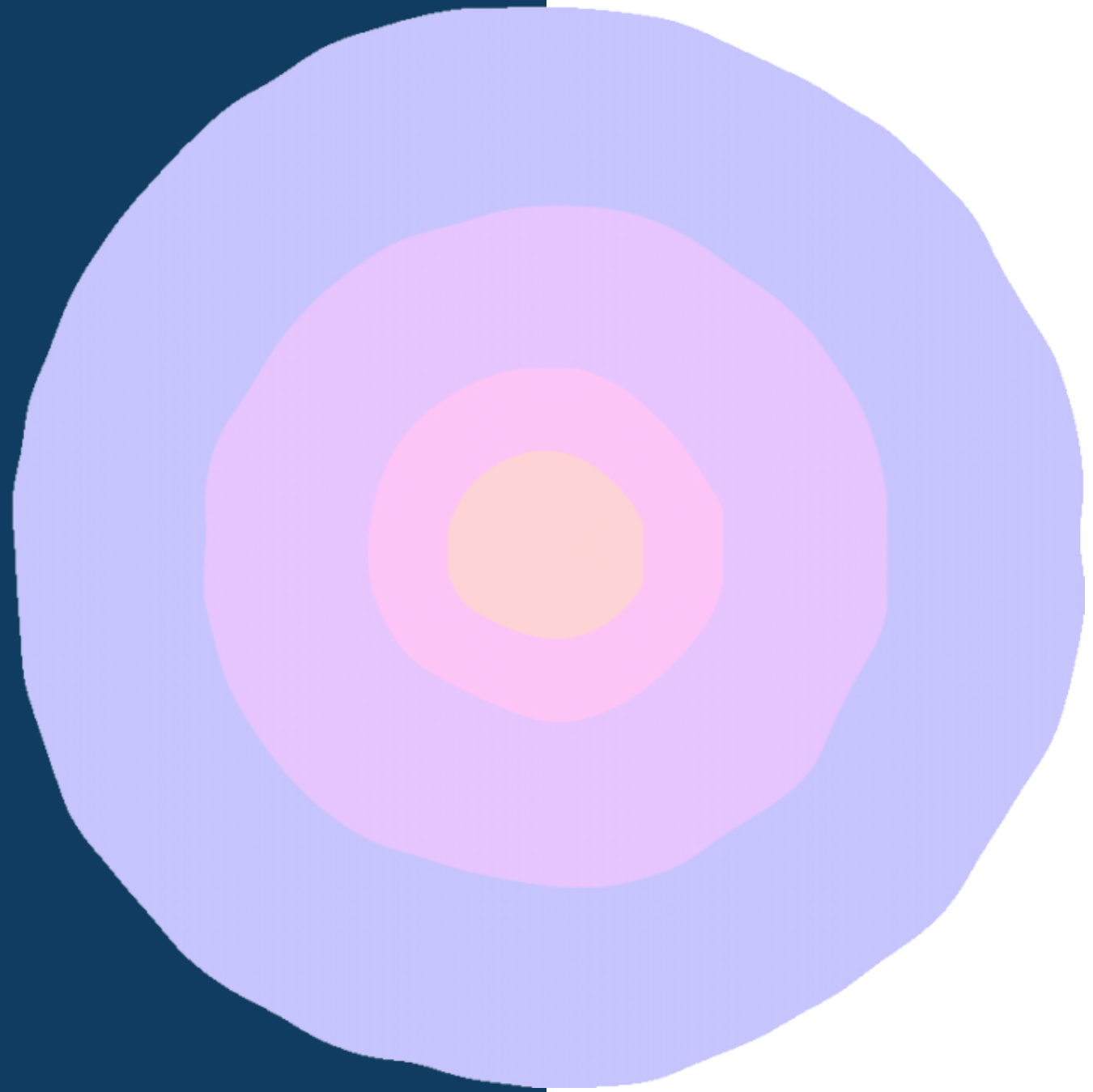
Mind In a Jar

Let's Learn How Emotions Impact
Our Brain

Take a Mindfulness Minute

What Can We Do?

BREATHE





Empathy Superpower

Change “But” to

“BECAUSE”

Lets Practice



YOU DONT UNDERSTAND



IM NOT HUNGRY



YOU NEED TO EAT

I DONT UNDERSTAND

Lets Practice

Homework

DBE
Present

With our Breath
WITHOUT Judgment
Choose to Respond





Check Out