**Tools used in Eating Disorder Treatment**

The following are various tools Jessica uses in therapy not only with her clients experiencing eating disorders, but with any clients who struggle with weight, eating in moderation, or having restrictive rules around eating. These tools are best combined with therapy, but if you are looking for some help with maintenance of your recovery from eating disorders, these can also be helpful to do on your own.

**The Hunger Scale**

Use this scale to rate your hunger levels before and after eating. The goals is to try to always stay between a 4-7 on the scale to prevent over-restricting or binging. If this is practiced regularly, intuitive eating will become a lot easier with time, and you may find a point you no longer need to reference the hunger scale to know when your body should eat and stop eating.



**Mindfulness Eating and Exercise Resources**

The link below has a plethora of exercises to help you eat mindfully. Jessica adapts many of these to make them personalized in therapy sessions to best fit your needs and preferences.

[https://positivepsychology.com/mindful-eating-exercises/](https://www.google.com/url?q=https%3A%2F%2Fpositivepsychology.com%2Fmindful-eating-exercises%2F&sa=D&sntz=1&usg=AFQjCNGgBjKMtntT02yom-yxsa8QgzyJeQ)

**Group, Inpatient, and Residential Treatments**

Sometimes individual therapy is not enough to help with an eating disorder. Being in a more controlled setting, with the support of trained staff, therapists, doctors and peers can help stabilize someone undergoing moderate to severe eating disorders. Starting or resuming individual, couples, and/or family therapy during or after such treatments will help you maintain your recovery long-term.

**National Eating Disorder Association (NEDA, USA)**

This organization is a great go to for help finding all kinds of help with eating disorders anywhere in the US. They also have many free and low cost options for support.

Crisis text line: Text NEDA to 741741

Help line: (800) 931-2237, Call 11am-9pm ET Mon-Thurs ET, 11am-5pm ET Fridays

Helpline Text hours Mon-Thurs 3pm-6pm ET

Live Chat through their website 9am-9pm Mon-Thurs ET, 9am-5pm ET Friday

[https://www.nationaleatingdisorders.org/help-support](https://www.google.com/url?q=https%3A%2F%2Fwww.nationaleatingdisorders.org%2Fhelp-support&sa=D&sntz=1&usg=AFQjCNG66aD7XjoRfpxOsWDNvovnd48mWQ)

**BEAT Eating Disorder Support, UK**

This is a useful charity helpful for learning more about eating disorders, finding ways to support yourself and others and how to go about getting into treatment if needed.

Helpline: 0808 801 0677

Studentline: 0808 801 0811

Youthline: 0808 801 0711

[https://www.beateatingdisorders.org.uk/](https://www.google.com/url?q=https%3A%2F%2Fwww.beateatingdisorders.org.uk%2F&sa=D&sntz=1&usg=AFQjCNGq7daVBsA3Bx65DoOXWA_bCHOB8Q)