THE EATING DISORDER CENTER

Eating Disorder Therapy & Recovery Coaching

COPING WITH TRIGGERING SOCIAL MEDIA IN EATING DISORDER RECOVERY

Manage Your Feed

Unfollow Fitspo & Diet Accounts

Unfollowing these accounts lessens the chance of these messages popping up on your feed. You can also block these accounts or "soft block" them by muting them, so they don't popup while you scroll.

Follow Body Positive & Pro-Recovery Accounts

Following accounts that promote body positivity and pro-recovery messages can begin to eliminate triggering posts on social media. @jennifer_rollin on Instagram may be a good place to start!

Take Daily Social Media Breaks

Sometimes "unplugging" can help get your mind off of the triggering images or videos you may see online. This can help decrease being exposed to non ED friendly posts and could be replaced by another activity you enjoy doing.

Personalize Your Feed

In addition to unfollowing harmful accounts and following body positive and HAES aligned ones, follow pages that bring you joy or spark your interest. Make your feed fun and interesting for you beyond topics of food and body related content.

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Evaluate Your Thoughts

Helpful vs Unhelpful Thoughts

Catch thoughts that are unhelpful and transform them into helpful ones. For example, you may think, “I wish I looked like them.” Instead try, “They look great, we all have individual differences that deserved to be cherished and complimented.”

Challenge Negative Thoughts

When a negative thought pops up, challenge it! Ask yourself, is there evidence for this thought? Is there evidence against this thought? Will this matter a year from now? Having thoughts is natural but we have the power to believe them or not.

Increase Positive Self-Talk

Talk to yourself like someone you love. Whenever a negative thought comes up as you’re scrolling on social media, think about if that is something you would say to a loved one. If not, alter it into something you would say to someone you love.

Fact or Opinion

Ask yourself is this a fact or opinion? Facts are statements that can be verified through evidence and are generally accepted as true. In contrast, opinions are individual interpretations of those facts and can vary from person to person.

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LOOKING FOR THERAPY OR COACHING TO HELP WITH TRIGGERS IN ED RECOVERY?

Our Services

- Eating disorder therapy for adolescents, teens, & adults. In office in Rockville, MD or virtual in MD, VA, DC, FL, PA, & NY.
- Recovery coaching for teens and adults worldwide.
- EMDR therapy for an eating disorder & trauma.

Our Approach

- We pride ourselves on being action-oriented therapists- setting recovery goals, and doing exposures with clients, such as eating meals or snacks together.
- We value collaboration with other local eating disorder treatment providers.
- Many of our team members are personally recovered.

Contact Us!

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