

My Wellbeing & Recovery Plan

A personal eating-disorder recovery workbook for recognising your signs, understanding what helps and creating a plan for difficult days.

A place to understand your own recovery

Eating disorders can affect far more than food. They can influence thoughts, emotions, routines, relationships, body awareness, concentration, energy and the ability to feel safe around meals. Recovery can also look different from person to person. This workbook helps you notice your own patterns rather than compare yourself with somebody else's recovery.

Complete the pages gradually, revisit them as things change, or use them with a therapist, eating-disorder professional, dietitian, GP or trusted person. There are no right answers.

A difficult day does not cancel your progress. This plan is here to help you recognise what you need when finding the words is hard.

What does recovery mean to me right now?

Food, freedom, energy, relationships, flexibility, safety - or simply getting through today.

What am I hoping will feel different?

Think beyond symptoms: daily life, thoughts, connection, confidence and wellbeing.

Who currently supports my recovery?

Include professional and personal support and what each person can realistically help with.

Recognising When Things Are Changing

Early warning signs are individual. They may appear before you consciously realise you are struggling. Learning them can give you and the people around you an opportunity to respond sooner.

My signs that I am doing okay

How do I think, behave and feel when I have a little more capacity?

My early warning signs

Changes in mood, anxiety, eating, routines, sleep, isolation, checking, movement or rigidity.

My common triggers

Stress, comments, conflict, change, body sensations, weighing, clothing, social eating, memories or uncertainty.

Food and mealtime changes I notice

Avoidance, delaying, rules, rituals, fear, distress, loss of flexibility or sensory difficulty.

What happens in my body?

Energy, dizziness, feeling cold, tension, digestive symptoms, agitation or other changes.

What happens in my thoughts?

What becomes louder, more repetitive, critical, fearful or difficult to challenge?

What might someone close to me notice?

Changes that may be easier for another person to see.

What Helps Me Feel Safer

Support around eating should be individual. Some people need company and conversation; others need less talking, fewer sensory demands, more predictability or practical help before and after a meal. Record what actually helps you.

Helpful support before a meal

Planning, predictability, reducing decisions or having someone nearby.

Helpful support during a meal

Company, distraction, calm conversation, sensory adjustments, pacing or agreed boundaries.

Helpful support after a meal

Rest, distraction, grounding, company, reduced checking or a planned activity.

My sensory needs around food

Texture, smell, sound, temperature, presentation, environment or utensils.

Words and approaches that help

What would I like somebody supporting me to say or do?

Words and approaches that make things harder

Comments about appearance, amounts, food labels, pressure or comparison.

Things that help me regulate when distress rises

Grounding, breathing, music, sensory tools, connection, rest or another strategy.

When I Need More Support

A recovery plan is most useful when it is specific. Decide in advance what you would like to happen if eating-disorder thoughts or behaviours intensify, because decision-making can be harder when you are overwhelmed.

People and professionals I can contact

Name, role and the best way for me to reach them.

Signs that mean I need to tell someone

What changes should prompt me to seek additional support rather than manage alone?

Things I want others to know about supporting me

What helps me feel respected, understood and involved in decisions?

If things become more difficult, my first step is...

Make this small and specific.

My second step if I am still struggling

Who will I involve or what additional support will I seek?

Something I want to remember on a hard day

A sentence you would want your steadier self to say to you.

One small recovery step for the coming week

What is manageable, who can help and when will I review it?

Weekly Recovery Check-In

This page can be reused. The aim is not to score your recovery but to notice what has changed and what support might need adjusting.

What felt a little easier this week?

What felt particularly difficult?

What did my eating-disorder thoughts try to pull me towards?

What helped me move towards recovery, even slightly?

What support do I need more of next week?

Books & resources

Overcoming Binge Eating - Christopher G. Fairburn

Skills-based Caring for a Loved One with an Eating Disorder - Janet Treasure, Anna Smith & Anna Crane

Sick Enough - Jennifer L. Gaudiani

The Picky Eater's Recovery Book - Jennifer J. Thomas, Kendra R. Becker & Kamryn T. Eddy

Beat and the **NHS** provide UK eating-disorder information and routes to support.

A message from me

Recovery does not have to look neat to be real. There may be days when you feel stronger and days when the eating disorder feels louder again. Try to notice those changes without turning them into evidence that you have failed. Use this plan to understand what is happening, tell the people around you what you need and make the next step small enough to be possible. You deserve support that sees the whole person, not just the eating disorder.

Space to Breathe Therapy
Support • Understand • Empower