

FIND THE WORD YOU NEED TODAY

Eating Disorders

Your body is not a puzzle to solve. No numbers. No judgement. Find the word you need today.

M	Y	M	E	N	N	I	H	Z	S	G	B	Y	L	Q	A	R	H
O	O	V	Q	W	Y	R	T	E	H	A	R	M	H	D	E	K	F
V	Z	A	C	C	E	P	T	I	E	E	J	X	C	N	I	R	X
C	G	R	W	Z	S	F	U	P	V	H	E	Y	O	S	W	Z	S
U	O	I	K	H	V	B	O	O	N	U	R	I	H	G	Y	E	Y
W	O	M	Z	I	R	H	C	J	M	J	T	E	T	Q	C	C	N
V	B	U	P	C	N	E	N	I	A	C	W	G	S	N	T	M	H
H	R	G	T	A	R	D	Y	Y	E	K	N	I	E	T	Q	S	P
T	E	O	T	V	S	D	N	N	J	H	R	I	O	N	I	K	Z
T	A	N	K	R	O	S	N	E	G	E	T	J	I	R	T	R	L
R	T	C	E	B	G	O	I	P	S	A	N	S	U	M	C	L	J
U	H	I	H	F	C	I	M	O	P	S	C	O	M	E	F	Q	E
S	E	N	J	O	B	R	H	L	N	Z	N	O	U	K	Y	C	D
T	J	D	W	M	I	F	V	C	T	O	S	F	U	G	E	N	W
N	O	L	E	Z	U	C	H	K	N	E	B	C	Y	R	H	X	K
J	S	A	F	E	J	S	E	I	J	Z	K	S	T	E	A	D	Y
X	U	L	I	S	T	E	N	F	I	W	K	H	L	E	F	G	O
N	N	W	E	M	F	S	U	P	P	O	R	T	Z	Z	F	K	E

Words hidden in the puzzle: SAFE · NOURISH · SUPPORT · GENTLE · ENOUGH · BODY · TRUST · CHOICE · STEADY · COMPASSION · RECOVERY · PATIENCE · REST · BREATHE · KINDNESS · LISTEN · CONNECTION · COURAGE · ACCEPT · HOPE

You do not need to find every word. There is no score and nothing here needs to be earned. Notice what reaches you today.

Space to Breathe Therapy

THE WORD I NEED TODAY

Eating disorders can take up an enormous amount of mental and emotional space. Thoughts about food, the body, safety, control, rules, routines or fear can become so loud that it becomes difficult to hear what you actually need underneath them. This page offers a different question: not what you should do perfectly, but what might support you right now.

My word today is:

What does this word mean to me?

What might support me?

If your word was **SAFE**, consider what could make the next eating or recovery moment feel more manageable. If it was **SUPPORT**, think about whether someone could sit with you, listen, help with practical decisions or simply be nearby. If it was **GENTLE**, notice the language you are using towards yourself. If it was **CHOICE**, look for a small area where recovery can include collaboration rather than feeling as though everything is being done to you.

One supportive step I can take today:

Space to Breathe Therapy

A MESSAGE FROM MAGGIE

An eating disorder is not simply about food, and recovery is not simply about being told what to eat. Food may become connected with fear, sensory experience, control, predictability, distress, body image, shame, routines, memories, anxiety or a need to feel safe. Different eating disorders can look very different, and two people with the same diagnosis may need very different kinds of support.

I wanted this exercise to contain no weights, calories, measurements or targets. There is already enough opportunity for numbers to become loud. Instead, I want to make room for words such as safety, support, patience, compassion and choice.

If **NOURISH** finds you, it does not need to become another rule or demand. You might think about nourishment more broadly: what helps your body, mind and nervous system feel supported? If **BODY** catches your eye, you do not have to force yourself to love your body. A gentler starting point may simply be recognising that your body deserves care even on days when your relationship with it feels difficult.

If **RECOVERY** appears, remember that recovery does not have to look perfect or move in a straight line. Difficult days do not erase progress. If **PATIENCE** finds you, perhaps you need permission to acknowledge that changing patterns which have served a psychological or sensory purpose can take time.

And if the word you find is **ENOUGH**, I hope you can let it sit beside you for a moment. You do not have to earn care, support or compassion by becoming more unwell first.

If eating or drinking has become medically unsafe, or you are worried about your physical health, please seek appropriate medical assessment. A reflective resource can sit alongside professional care, but it cannot replace medical or specialist eating-disorder support when that is needed.

Maggie

Space to Breathe Therapy

A gentle recovery check-in

What feels difficult today: _____

What might make it feel a little safer: _____

Who could support me: _____

Something I can approach with more compassion: _____