Are you worried about your eating habits?

Our diet and our mental health are closely linked. We need to eat to fuel our bodies and our brains, but sometimes what and how much we eat is impacted by our emotions, stresses and things we can't control.

Understanding eating disorders

Eating disorders affect how people feel about food, their bodies, and their health. They can involve eating too much or not enough, or being overly focused on weight and body image. But they aren't just about what's happening with food - they're often a way for people to try and cope with feelings or situations that are hard to deal with like stress, pressure, or low self-esteem, but there isn't one single cause. They can affect anyone, no matter their age, gender, or background, and can look different for each person.

There are some specific types of eating disorder, but if you are worried about your eating, you don't have to have a label or a diagnosis to get help – the sooner someone accesses support, the better for managing any issue. Learn more here.

Helpful tools

Be kind to your body – Don't punish yourself. We all have ups and downs and our progress is not always linear. Instead, focus on looking after your body and challenge negative thinking.

Create healthy habits – Try having a regular schedule of balanced meals during the day, even if the portions are small to start with. Avoid putting too many restrictions on yourself and worrying about what is "good" or "bad".

Don't overexercise – Make sure that physical activity is for fun, not for punishment. Exercise can improve your mood and mental health. But it's important to focus on activities you enjoy, like walking, dancing, or playing sports, rather than doing it to burn calories.

Talk to someone you trust - Sometimes just opening up to a friend, family member, or someone else you trust can make a big difference. They can support you and help you find the right resources.

Get professional help – Your school nurse, GP or a therapist might be able to give you some support.

- Beat online chat
- Kooth
- Childline
- Talk/Isle Listen
- Manx Eating Disorder Support