

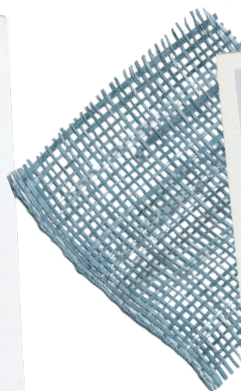
# Table Coping Skills



Meals are often the most challenging time during recovery. You're facing your demons head-on. Use these tips and tricks to keep calm and continue eating. The only way out is through



Have a piece of frozen fruit on hand in your freezer. Mine was always a clementine. Feeling the cold temperature in your palm during a meal can help regulate your nervous system



## Converse

Engaging in conversation really does take your mind off the task at hand. This part should be implied: always make sure you eat with others, especially in the early stages of recovery.

Keep a Journal log of thoughts, feelings and behaviors before, during and after meals to discuss with your treatment team

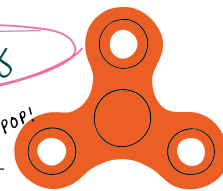
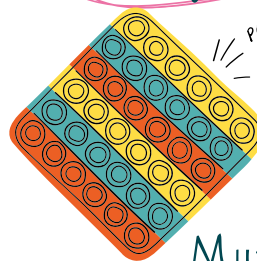
Breakfast

Lunch

Dinner



Fidgets



## Progressive Muscle Relaxation

Start with your toes. Squeeze tightly and release.

Work your way up your body, starting from

your feet and lower legs, stopping at the top

of your head. Squeeze and release every muscle.

Then, work your way back down your body.

You'll notice this calms your body from the perceived threat.

Taking you out of fight or flight mode.

## Just breathe.

Try patterned or box breathing. Inhale for a count of 1-2-hold for 1-2-3-4 then exhale for 1-2. Repeat.



Practice mindfulness  
Look around the room and try to identify 10 things that are the color red. Then do the same for blue, and so on.



Give yourself a **butterfly hug**.

Cross your arms over your chest as if you're going to do a trust fall and then lightly tap your collarbone from left to right with your fingertips.

