



PATHWAYS TO RECOVERY

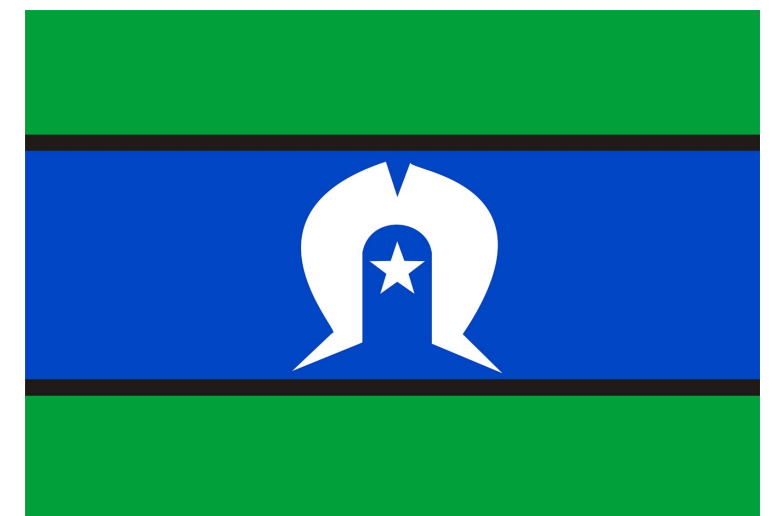
**Week 6**

N O U R I S H M E N T • B U T T E R F L Y F O U N D A T I O N

# Acknowledgement of country

We acknowledge the Traditional Owners of the Country from which we connect today, and extend our acknowledgement and respect to all Aboriginal and Torres Strait Islander cultures across Australia.

Butterfly recognises Aboriginal & Torres Strait Islander Peoples' continuing connection to the land, and pay respect to all Elders - past, present and emerging. We celebrate Aboriginal and Torres Strait Islander cultures and knowledges which strengthen and enrich the heritage of all Australians, in particular within the mental health space.



# Our weekly group guidelines



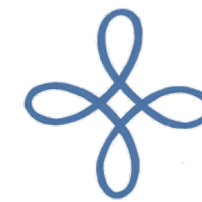
## Be on time.

Our groups start strictly to time.



## Respect differences.

Try to focus on similarities



## Recovery focused.

Encourage one another toward hope



## What we say here, stays here.

Maintain confidentiality



## Avoid advice giving.

Try to just listen



## Avoid triggering.

Do not refer detailed ED behaviours



## Taking turns.

Be mindful of the length of time you speak



## Keep camera on.

Respect the comfortability of everyone



## Stay present.

Try not to multitask.  
Stay engaged

# Keeping others safe when sharing your lived experience with safe language

Avoid sharing details about specific ED behaviours

"Engaged in X activity X times a day"  
"Purged X times a week"  
"Weighed myself X times a day"  
"Consumed X calories"

Don't include measurements and metrics

Weight  
Calorie intake/outtake  
BMI  
Waist/body measurements

Avoid words that can carry judgement

Avoid words such as "skinny", "obese" or "thin"  
Opt for words and phrases such as "living in a smaller/larger body"

Be mindful of stigmatising language

The word 'sufferer' sometimes implies 'victim' in the minds of many people

**Avoid sharing anything you think someone with an ED would copy or compare themselves to**

# Safety Measures

- Use your breath and try to self-soothe, if possible staying in the group on Zoom.
- If you need some time off, please let us know in the chat and turn your camera off.
- If you feel you need extra support, send a private chat message to the co-facilitator.



# Nourishment Week 6

- Exploring Nourishment
- Challenging Food Rules
- RAVES Model
- Food Freedom Intentions
- Conscious Eating
- Self-Support Strategies for Mealtimes
- Mindful Eating Practice



What does  
nourishment  
mean to you?

# It is about the food

We are all born intuitively knowing how to eat. As we get older this simple and natural relationship to food gets much more complicated

- Healthy v Not Healthy
- Fattening v Non Fattening
- Good v Bad

# Food rules journal prompts

## Write down 3 of your strongest food rules

1. How and when did I create this rule?
2. Is this rule based on facts or fears?
3. Do other people have to follow this rule to be okay, and if not, why do I?
4. What is the cost and benefit of this rule?
5. What would it take for me to give up this rule?

# Raves model

## Phase 1

R Regularity

A Adequacy

## Phase 2

V Variety

E Eating socially

S Spontaneity

## Phase 3

With the end goal being  
intuitive/conscious eating

# Conscious eating

“Conscious eating means **using knowledge, awareness and desire to guide you** about what, when and how much to eat. It includes being aware of, and learning to respond to, your body signals of hunger and fullness, incorporating accurate and relevant nutritional information, and **giving yourself permission to eat foods you truly enjoy**”


- *8 Keys to Recovery from an Eating Disorder*



# Food freedom intentions journal prompts

What would you like to do with food that you currently struggle to do?

What behaviours would you like to stop doing with food?



If you could have a normal, helpful relationship with food, what would it look like?

# Self support Strategies

**What are your self-support strategies for a meal?**

- Planning
- Mindful eating techniques
- Communication with support people
- Slow down
- Breathing

# Opportunity to practice mindful eating



# Intention for the week ahead