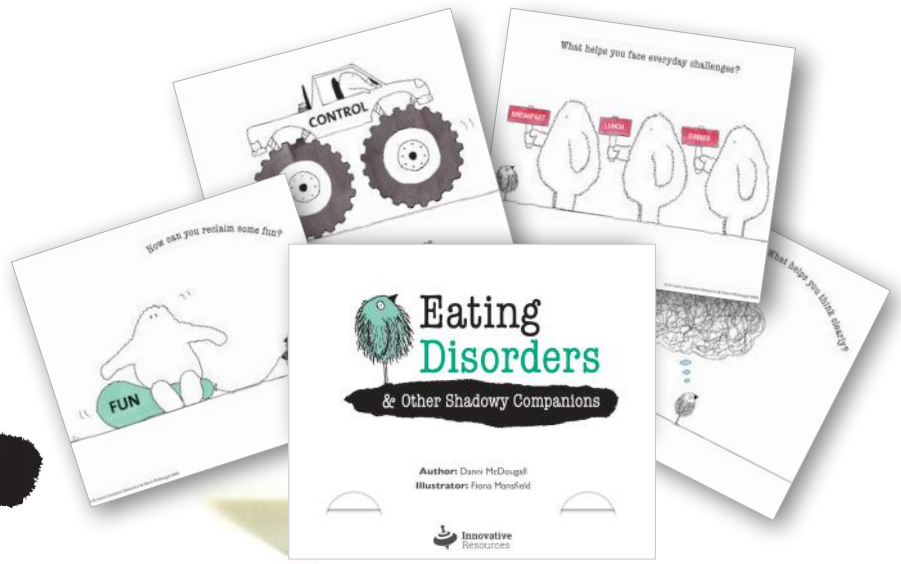




Eating Disorders

& Other Shadowy Companions



Eating disorders are on the rise. Of all mental illnesses, eating disorders have the highest mortality rate. Chances are that you or someone you know is living with an eating disorder.

Eating disorders are often shrouded in secrecy, so it can be hard to know how to start a conversation. Drawing on three characters—Ed the Eating Disorder Monster, Reggie the Recovery Rhino and Bird—these cards invite gentle exploration of how an eating disorder can impact on a person’s life. They also encourage people to consider some simple ways forward.

Here are a few suggestions for using the cards (there are more in the booklet):

- Choose a card that catches your attention or stands out for any reason. What caught your attention?
- Do any of the cards represent how you have been feeling lately?
- Pick a card that represents something you’d like to focus on today.
- Pick a card that represents something you’d most like to change.
- Pick a card that represents a way forward.
- Choose a card with a question you think is easy to answer.
- Choose a card with a question you think is challenging to answer.
- Everyone experiences difficult times. Which card represents something you’ve done in the past that might help? What new thing could you try?
- Which card represents something you haven’t thought about before?
- Which card represents something you would like other people to understand?
- Which card represents something that you think most people with eating disorders have in common?
- Choose two cards you think complement each other. Why?
- Choose two cards you think have opposite meanings. How are they different?
- Do you experience both of these opposites as well? When you are experiencing each one, what are you thinking? What causes your experience to shift from one to the other?

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40 laminated, spot colour cards, 160 x 140mm,
polypropylene box, 60-page booklet
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- Pick 2 or 3 cards and write down what you believe Bird is thinking.
- Pick a card that includes all 3 characters. Imagine Bird, Ed and Reggie are having a conversation while the scene on the card is taking place. What do you imagine they are saying to each other? Write the dialogue in a journal.
- Do some character profiling: What is Bird’s favourite saying? What does Reggie do on the weekend? What is Ed’s favourite song?
- Create your own characters.
- Pick 3 to 6 cards and use them to tell a story.
- Now pick another card and change the ending.
- If you are supporting someone with an eating disorder, create your own card with a message and image you would like to send them.
- Which cards reflect strengths you admire?
- Trace an image that resonates for you and add your own words.
- You may wish to create a collage, write a poem or letter using a card as inspiration.
- Choose 2 or 3 cards that represent some things you would like to work towards? Why?
- Create your own card that represents a key goal in your life. Will you draw characters or use other images?
- Pick cards that represent key milestones and steps along the way towards your goal?
- What is one step you could take today?