



Depression & Eating Disorders by award-winning author / stress-relief expert Susie Mantell

Q: I suffer from depression as well as from a binge eating disorder. Talk therapy is not helping at this moment. How do I find relief?

A: While you are in a rough period right now, there is widespread support and excellent help available these days in the fields of eating disorders and depression.

Recovery from eating disorders and associated depression is not an easy journey, but millions have made it, and it is well worth the trip! As a stress-relief facilitator, I'm afraid any discussion of treatment and/or medications is out of my realm of expertise. You would be best advised by an experienced eating disorders counselor who can help you to understand, and break, old patterns. It sounds as though perhaps you are ready to reach out and find the support you so deserve as you find your way back into the light, to live the fullest, happiest, healthiest life you can create!

Stress management techniques may also be very beneficial in your process, however whenever any concern of a medical nature arises, it is wise to talk with a trusted physician or skilled counselor who can sit face to face with you, really hear you, make an assessment and suggest how best to proceed. Select someone with whom you can share where you are, and together, determine how best to address your concerns and find balance and joy. In addition, you may find some day-to-day strategies to instill a sense of calm overall that may help when you hit a difficult day here or there along your journey to recovery at www.relaxintuit.com

You might also find soothing music or relaxation guided imagery helpful. These can support psychotherapy and/or the medications that often help to counteract clinical manifestations. Breathing techniques, writing meditation and massage also come to mind to provide soothing comfort when cravings arise.

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There are many websites on the Internet that directly address eating disorders, however not everything online is reliable and credible information. You've heard the expression, "Don't believe everything you read." Use your judgment as well as professional guidance. I did a quick online search for you. I can share the urls, but please understand I am not by any means endorsing the sites below. They might simply serve as a starting point for you in your own research. Ask your doctor if any might be helpful to you, given your specific needs.

Here are a few that seem to address over/under eating disorders and body-image issues:

<http://www.nimh.nih.gov/health/publications/eating-disorders/complete-index.shtml>

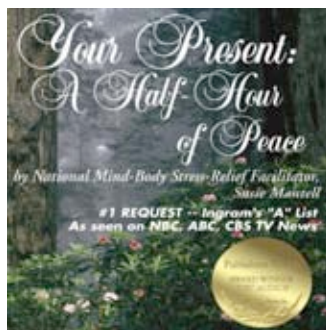
<http://www overeatersanonymous.org>

<http://www.nationaleatingdisorders.org>

<http://www.mayoclinic.com/health/eating-disorders/DS00294>

Talk with an experienced eating disorders therapist with whom you feel comfortable, who can see where you are, and how best to help you to once again find balance, satisfaction and the joyful days you so deserve!

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