The COVID-19 pandemic presents unique mental health challenges for everyone, especially those already struggling with eating disorders and other mental health conditions.

During difficult and distressing times, we tend to rely more heavily on our support systems: friends, family members, teachers, and even therapists. It can be difficult to maintain these systems with public health measures like social distancing and stay-at-home orders in place, but it is possible.

If you see a doctor or therapist, you might want to consider telehealth options to maintain those crucial lines of support.

If you’re not able to see friends or family members in person, you might want to use a virtual platform like Zoom, Skype, or FaceTime to stay connected with them.

You might even find it helpful to create lists or schedules for yourself that include meals, snacks, mindful exercise, and self-care to maintain your mental and physical wellbeing.

If you or a loved one is struggling with an eating disorder, ANAD is here to help. Learn more at anad.org.