Candlelight Vigil Guide

The tools you need to plan and host your own ANAD Candlelight Vigil at home, in your community, or on campus!
Dear ANAD Community,

ANAD Candlelight Vigil are meant to raise awareness of eating disorders and promote positive self-image in participants. It also is a time to remember and reflect on the lives lost to these devastating diseases, while emphasizing that full recovery is a real possibility. This guide will explain how to organize and publicize your own ANAD Candlelight Vigil. You'll also read about other events you could plan to educate your community about eating disorders.

Every Vigil is special, and has the potential to inspire someone to seek help for their eating disorder, admit they have a problem, or decide to share their experience with those they love. Whether you hold a stand-alone vigil, or it is the culminating event of your ANAD Week, ANAD is very grateful for you joining this tradition and promoting awareness of eating disorders.

We love hearing about Vigil events and seeing your pictures. Please call us at 630-577-1333 or email at hello@anad.org to tell us about them! Again, thank you so much for your help in continuing our tradition, and for being a part of our ANAD Community!

Sincerely,

Lynn Slawsky
Executive Director
Host a Vigil in your Community or at College

Help light the night and bring eating disorders out of the dark! The National Association of Anorexia Nervosa and Associated Disorders is challenging you to help raise awareness about eating disorders with a candlelight vigil.

A Candlelight Vigil is an inspiring night to commemorate those who have lost their lives in the fight with eating disorders, and to honor those who have recovered and survived. These goals work together to raise awareness of the devastating effect of eating disorders to the general public. This program structure allows individuals and groups (such as Delta Phi chapters!) to host the event in their hometown or on campus to support eating disorder awareness, prevention, education, and advocacy.

ANAD’s Candlelight Vigil has two goals:

- Increase awareness of eating disorders, body image, and self esteem
- Increase awareness and interest in preventing and treating eating disorders

This guide contains the guidance needed to host a successful candlelight vigil with simple program guides and resources. If, after reading through this, you have additional questions, call us at (630) 577-1333 or e-mail hello@anad.org
We love your pictures and articles! Please email them to hello@anad.org.

Interested in writing for the blog, having pictures shared with the wider ANAD community, or letting us know how it went? Email us at hello@anad.org!

Step 1: How to Set up Your ANAD Candlelight Vigil
A. Sample Committee Structure

<table>
<thead>
<tr>
<th>Position</th>
<th>Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Candlelight Vigil Event Chair or Vice President of</td>
<td>● Serves as a liaison to ANAD</td>
</tr>
<tr>
<td>Programming</td>
<td>● Main contact regarding general questions/concerns pertaining to</td>
</tr>
<tr>
<td></td>
<td>● Runs awareness and advocacy programming</td>
</tr>
<tr>
<td></td>
<td>● Establishes accounting records and budget</td>
</tr>
<tr>
<td></td>
<td>● Coordinates events</td>
</tr>
<tr>
<td>Vigil Event Co Chair or Philanthropy Chair</td>
<td>● Serves as the liaison between the committee and other local businesses or other student clubs</td>
</tr>
<tr>
<td></td>
<td>● Helps coordinate community and campus awareness and creates</td>
</tr>
<tr>
<td></td>
<td>● promotional materials for vigil</td>
</tr>
</tbody>
</table>

B. Managing your committee

- Set goals with specific dates and attendance goals
- Ask for regular reports on progress from your volunteer team
- Show that you value your committee’s time & recognize a job well done
- Involve each of your committee members

C. How to Make Your Event Successful

Select a date and time that is best for your event:
- Plan a rain date or secure an indoor rain location if you are having an outdoor event

Select a location that is attractive and central to your attendees:
- If many people will walk to the event, select a location that is as convenient as possible.

Secure your event location and any permits at least one month in advance:
- Follow all regulations regarding the use of your venue, and publicizing on campus and around your community.

Recruit participants:
- Ask as many people as you can, including your friends, your professors, fellow employees, and community members you may know.

Encourage all participants to:
- Recruit others to participate
- Invite their family and friends
- Learn more by visiting anad.org

Step 2: Publicize and Recruit
Spread the Word

1. Use promotional materials, advertisements, and social media to spread the word about an upcoming event.

   - Ask your friends, professors, and community contacts to get involved
   - Distribute flyers around campus and at local businesses
   - Create Facebook group/events
   - Tweet about it
   - Circulate promotional videos; “Delta Phi Epsilon and ANAD"
     http://www.anad.org/get-involved/delta-phi-epsilon/
   - Add the event to community and school calendars

2. Contact Support Groups

   - Reach out to support groups that may be interested in supporting your ANAD vigil or participating as speakers.
     ○ Many cities and states have ANAD support groups and treatment facilities. Visit https://www.anad.org/our-services/treatment-directory/ to see if there is one near you.
   - Community service organizations
   - Psychology/Sociology/Nutrition Groups or local Volunteer Groups in the community

3. Sample Facebook Event Page & Email Blast

   (Organization) Presents:

   **ANAD Candlelight Vigil**

   **[date] at [time] at [location]**

   Join us for an inspiring night to commemorate those who have lost their lives, recognize those who have recovered and survived, and promote eating disorder awareness.

   Get some friends together and learn more about the fight against eating disorders. Come listen to speakers, hear great music and participate in the candle lighting ceremony.

   To sign up, please contact [committee member] at [email or phone #]
Sample Event Planning Timeline

6 months before the event
● Secure committee
● Set date and reserve site
● Recruit volunteers

4 months before event
● Secure speakers, musicians, and other motivational/inspirational/educational “entertainment”
● Promote event via Facebook, posters/flyers, advertisements, newsletters

2 months before event
● Confirm sponsors and amount of food and beverages
● Order any materials needed

1–2 weeks before event
● Confirm volunteers (greeters, cashbox, refreshments, set-up, clean-up, etc.)
● Confirm food/beverage
● Confirm participants
● Confirm site and equipment
● Send a final reminder on Facebook and through e-mails

Within one week after event
● Thank your participants
● Share images on social media and with ANAD
Sample Vigil Program

6:00 – 6:30 Music as people are arriving
6:30 – 6:35 Welcome and Introduction
6:35 – 7:30 Speaker(s) and Reflections
7:30 – 7:45 Candlelight Ceremony & Moment of Silence
7:45 – 7:50 Reading of the Pledge
7:50 – 8:10 Closing Remarks

Please note: This is YOUR vigil. You can plan it however you like. ANAD’s only request is that you read the ANAD pledge, and have a candle lighting ceremony. The chairperson should read the pledge, lead the candle-lighting, and moment of silence/prayer. Programs, speakers, question and answer sessions, open mic time and other events are up to you.

Once again, ANAD thanks you for supporting the fight against eating disorders. Please know that we are here to help you if you need suggestions or have any questions. After the Vigil, we hope you will share your thoughts, pictures, and experiences with us!
The ANAD Pledge
To be read during the Candlelight Vigil Ceremony

I will accept myself as I am.
My uniqueness is a badge of honor and something to be proud of. There is no one in the world quite like me, and I will strive to develop my knowledge and skills.

I will accept others as they are.
Each person is remarkable and different. I will try to learn from these differences rather than be critical of them.

I will support diversity and freedom of expression in the way people think, look and live.
I acknowledge that there is no single standard of what is right. Each person provides a unique perspective and collectively contributes to the distinctiveness of our society.

I will not tolerate physical or mental abuse.
We are all equal and deserve the same thoughtful consideration.

I will advocate for change in media programming and advertising that exploits or demeans the human body.
Setting standards of physical perfection is harmful to everyone. Real human beauty lies in our differences, not our similarities.

I will work to improve the lives of individuals, communities and the environment.
As a responsible member of society, I understand that the more good I do for the people and places around me, the better off everyone will be.

I will take an active role in my recovery and my life.
I will address good health by taking care of my mental health, having proper nutrition, engaging in regular physical activity, and allowing for adequate sleep. Having a balance enables me to achieve success in all of life’s endeavors.
ANAD Candlelight Vigil Materials

If you’d like to hand out materials to your vigil attendees, consider creating your own handouts, and visiting anad.org/shop-to-support for more ideas!

ANAD has stickers, pens, bracelet, pledge cards and more!

As always, your purchase supports ANAD, and helps to keep support services free!
ABOUT THE NATIONAL ASSOCIATION OF ANOREXIA NERVOSA AND ASSOCIATED DISORDERS

What is ANAD?

- Since 1976, The National Association of Anorexia Nervosa and Associated Disorders, (ANAD) has been dedicated to the prevention and alleviation of eating disorders by providing many multi-faceted programs for the entire eating disorder community.
- ANAD was the nation’s first non-profit organization dedicated to helping suffering individuals and their hurting families.

How does ANAD work to accomplish their mission?

- ANAD believes that early detection of eating disorders save lives; therefore, ANAD works to educate parents, teachers, families and communities about the dangers through a variety of mediums including our website, newsletter, and educational outreach events & programs.
- Since the very beginning, ANAD’s Helpline has provided support and information to thousands of people and families affected by any eating disorder.
- ANAD’s website hosts invaluable information about the disorders, where to find treatment (via our treatment directory), and educational materials including extensive trainings for our volunteers and a library of guides.
- ANAD assists in the formation of ANAD Support Groups so that those in recovery and their families may meet others on similar journeys. Peer support allows people to talk with and encourage one another. There are now groups and resources in most states. To find one near you, visit the ANAD Treatment Directory.
- ANAD offers a Recovery Mentorship Support Service, which matches an individual in recovery with a recovered mentor to talk with and connect with.
- The newest ANAD support service, Grocery Buddies, trains a friend or loved one to be a supportive force for their shopper, and help them stay on track with their goals around food and grocery shopping.
- ANAD receives no federal funding and depends on the generosity of individual donors and corporations to support our life-saving mission.
ABOUT EATING DISORDERS

A History of Eating Disorders

Although the term “eating disorder” is easily recognized in contemporary society, eating disorders are not a recent development by any means. Eating disorders can be traced back hundreds of years as many ancient texts depict the eating disorders we see today. But, even as late as the 1970’s, the term eating disorder did not exist in the way that we recognize it today. Anorexia Nervosa was so rare that there were no more than 2000 reported cases in the entire United States. Forty years later, eating disorders affect seven to ten million women, and approximately one million men in the US alone. The good news is that by raising awareness of eating disorders, more individuals are identified and have the opportunity to seek help.

What is an Eating Disorder?

You may have heard the terms anorexia, bulimia or binge eating disorder, but what is an eating disorder, really? It is not simply a body weight, a percentage of fat, or a desire to be skinny. It is an improper relationship with food characterized by obsessive thoughts and habits causing psychological distress. No one knows the exact causes of eating disorders, but in general, eating disorder behaviors are used to cope with anxiety or strong emotions. People with eating disorders are very anxious about what they eat, are very worried about gaining weight or looking too heavy, and spend a great deal of time thinking about these concerns. Social isolation and low self-esteem are common in those with eating disorders.

Anorexia Nervosa (AN) is a serious, potentially life-threatening eating disorder characterized by self-starvation, a drive for thinness, and excessive weight loss.

Bulimia Nervosa (BN) is a serious, potentially life-threatening eating disorder characterized by a cycle of binging and compensatory behaviors such as self-induced vomiting, laxative abuse, or over-exercise.

Binge Eating Disorder (BED) is a type of eating disorder characterized by recurrent binge eating without the regular use of compensatory measures to counter the binge eating. An individual suffering from BED engages in frequent episodes of uncontrolled eating characterized by feeling frenzied, out of control, and consuming food past the point of being comfortably full.

Eating Disorder-Not Otherwise Specified (EDNOS) is the category for people who do not meet the strict criteria for Anorexia, Bulimia Nervosa, or Binge Eating Disorder, but who have significant concerns about eating and body image. Most patients do not have pure forms of eating disorders, and symptoms may cross over from one disorder to another over time.

Common Co-Morbidity (CCM) Eating Disorders often co-exist with other psychological problems. Anxiety Disorders, Depression, Bipolar Depression, Obsessive Compulsive Disorder, Alcohol and Drug addictions, and Self-Injury are commonly found in people already struggling from eating disorders.

Body Dysmorphic Disorder (BDD) is defined as an excessive preoccupation with a real or imagined defect in personal appearance. People with BDD have an irrational or distorted perception of how they look, and they are obsessed with certain characteristics of their appearance. They may exaggerate a perceived flaw out of proportion and have trouble controlling obsessive, negative thoughts about “flaws” in their appearance. People with BDD may consider themselves so unattractive that social anxiety may develop due to fear of rejection from others based on this “flaw.”
Why are Eating Disorders Considered Mental Health Problems?
Eating disorders are associated with emotional problems in addition to poor eating behaviors. Some of those who have eating disorders have undergone extreme distress, trauma, or abuse, which may trigger unhealthy behaviors. Eating disorder sufferers experience both emotional and behavioral symptoms, and these disorders are also closely related to many other mental health issues.

Who do Eating Disorders Affect?
Eating disorders are serious and persistent problems that touch people across all ages and races, and affect both males and females. One misconception about eating disorders is that a person has to be underweight to have an eating disorder. People in a great deal of emotional pain and at great medical risk can be underweight, average weight, or overweight. Twenty-five percent of college-aged women engage in binging and purging as a weight-management technique. Up to 24 million people of all ages and genders suffer from an eating disorder.

Younger Children are Developing Eating Disorders.
In the last five years, children ages five to thirteen years of age have been referred to eating disorder clinics in greater numbers. This increase is due to heightened awareness of the signs and symptoms of eating disorders and to an increase in the development of eating disorders.

Disordered Eating Affects Learning Outcomes.
The irritability, decreased concentration, nausea, headaches, and dissatisfaction which often accompany disordered eating have a negative effect on a student's ability to learn and complete assignments. A change in test scores and academic achievement may be a warning sign of disordered eating. As preoccupation with food takes over, a student may retreat from social activities, lose interest in school work, family and friends, and feel lonely, alienated, and disconnected from society.

Mortality Rates
Sadly, eating disorders have the highest death rate of any mental illness. Eating disorders increase an individual's death rate due to both medical complications and an increased suicide risk. The mortality rates reported on those who suffer from eating disorders can vary considerably between studies and sources. Part of the reason why there is a large variance in the reported number of deaths caused by eating disorders is because those who suffer from an eating disorder may ultimately die of heart failure, organ failure, malnutrition or suicide. Often, the medical complications of death are reported instead of the eating disorder that compromised a person's health.

Early Detection of Eating Disorders is Necessary to Increase the Likelihood of Successful Treatment.
Friends, relatives, teachers, and health care providers all play an important role in helping someone begin and continue treatment. Only 35% of people that receive treatment for eating disorders receive treatment from specialists in the field of eating disorders, and only 1 in 10 men and women with eating disorders receive any treatment. Eating disorders carry complexities unmatched by almost any other disease. Eating disorders are not simply just a physical disease; eating disorders are also biological and psychological and are impacted by genetics, societal norms, and personal belief systems. To effectively treat an eating disorder, each of these elements must be addressed. Once these areas are addressed, the reality is that recovery is possible and does happen. Eating disorders can be treated and a healthy weight can be restored. The sooner these disorders are diagnosed and treated, the better the outcomes are likely to be.
Thank you to our ANAD Treatment Center Partners, who fight eating disorders alongside ANAD every single day.