

Guide to Curating your Social Media

Anti-Diet Culture/Body Positivity on Instagram:

@lypft_connect (Instagram Live sessions)

@bodiposipanda – Megan Jayne Crabbe, helpful for body image

@chr1styharrison – this is the foodpsych podcast creator and Anti-Diet book author (see below), have a look at her website and sign up to her email list too:

<https://christyharrison.com/>

@laurathomasphd – very useful info on intuitive eating

@i_weigh

@thefuckitdiet – Caroline Dooner, she also has good website and podcast. There is a link to some journal articles on this page outlining the evidence for intuitive eating: <https://thefuckitdiet.com/science/>

@freedfromed – FREED early intervention in eating disorders

@recovery_from_within

@isarobinson_nutrition

@bodybravecanada

@food_freedom_coach_

@blackandembodied

@bbcbodypositive

@evelyntribole – one of the founders of intuitive eating

@the_intuitive_rd

@sidebysidenutrition

@jennifer_rollin

@thebodyisnotanapology

@encouraging_dietitian

@hgoodrichrd

@themindfuldietitian

@dylanmurphy.rd

@bodyimage_therapist

@the.lovelybecoming

Online Support Groups

Beat run a number of eating disorder online support groups for both those suffering, and for carers.

The Aviary (Carers)

Sunday 6:45pm. The Aviary is for carers or anyone supporting someone through recovery.

Swan (Anorexia Support)

Monday 6:45pm. The Swan online support group helps those suffering with anorexia.

Kingfisher (Bulimia Support)

Wednesday & Saturday 6:45pm. The Kingfisher group offers support for people suffering with bulimia.

Nightingale (Binge Eating Disorder Support)

Tuesday & Friday 6:45pm. Nightingale supports people suffering with binge eating disorder.

The Sanctuary

Daily. Set up in response to the Coronavirus, Sanctuary is open daily 9am - 8pm during weekdays and 4pm - 8pm at weekends & on Bank holidays.