

Anorexia Worksheet

Anorexia nervosa is an eating disorder characterized by an intense fear of gaining weight, a distorted body image, and severe restriction of food intake, leading to significant weight loss and malnutrition.

Symptoms of Anorexia Nervosa

Physical Symptoms:

- Extreme weight loss
- Thin appearance
- Fatigue
- Insomnia
- Dizziness or fainting
- Bluish discoloration of the fingers
- Hair that thins, breaks, or falls out
- Absence of menstruation (amenorrhea)
- Constipation and abdominal pain
- Dry or yellowish skin
- Intolerance of cold
- Irregular heart rhythms
- Low blood pressure
- Dehydration
- Swelling of arms or legs

Behavioral Symptoms:

- Restricting food intake severely
- Preoccupation with food, dieting, and body size

- Refusal to eat certain foods or food groups
- Frequent checking in the mirror for perceived flaws
- Excessive exercise
- Denial of hunger or making excuses to avoid eating
- Eating rituals (e.g., cutting food into tiny pieces)
- Social withdrawal
- Irritability
- Depressed mood

- If you or someone you know is struggling with anorexia, what steps can you take to seek help?

- Who can you reach out to for support (e.g., family, friends, healthcare professionals)?

- Identify self-care activities that promote physical and mental well-being.

- Commit to incorporating these activities into your daily routine.

- List potential support groups or resources in your community or online.

- Make a plan to attend a support group or seek professional help if needed.
