

Table 12.2. Template long-term maintenance plan (for editing to suit the individual patient)

How to minimize the risk of setbacks
<ul style="list-style-type: none"> • Maintain a pattern of regular eating • Avoid dieting, especially rigid and extreme diets and ones that exclude lots of foods • Maintain weight in goal weight range • Beware of engaging in unhelpful body checking or body avoidance • Maintain and develop other life interests • Use problem-solving to tackle life problems

Circumstances that might increase the risk of a setback
<ul style="list-style-type: none"> • Life changes and difficulties; changes to usual routine (e.g. vacations, Thanksgiving) • Weight loss or weight gain • Pregnancy and after pregnancy • Low mood and/or the development of a clinical depression • Wedding day (being the focus of attention; pressure to look good)

“Early warning signs” of a lapse
<p>Be on the look-out for your ‘eating disorder DVD’ coming back into place. The following early warning signs form part of the first ‘track’ of the DVD:</p> <ul style="list-style-type: none"> • Changes in eating, especially eating less, skipping meals or snacks, delaying eating, eating “diet foods” • Restarting reading diet or fashion magazines and/or visiting respective websites • Restarting or increasing body checking or avoidance • Restarting or increasing making shape comparisons • Weighing outside set time • Increasing exercising • Having urge to vomit or use laxatives • Having urges to binge eat • Increased preoccupation with food and eating • Increased dissatisfaction with shape and weight, and a strong desire to change shape or weight • Weight dropping below a body mass index of 19.0 (.....pounds) <p>➤ If spot early warning signs, react quickly and positively by taking “time out” to think about what is happening and plan a course of action</p>

Dealing with triggers and set-backs
<ul style="list-style-type: none"> • Identify trigger • Deal with external triggers (life) by problem-solving (see <i>Overcoming Binge Eating</i>)

- Beware of labeling a set-back as a "relapse" (when one is back to square one)
- Nip set-backs in the bud by following guidelines from treatment (in *Overcoming Binge Eating*); e.g. restart monitoring; adopt pattern of regular eating; plan eating ahead and review eating pattern; weigh self each week and interpret carefully; avoid following rigid and extreme dietary rules; question "feeling fat"; analyze binges; use distraction activities and problem-solving; reduce problematic body checking or avoidance
- If pregnant/after pregnancy, then ask midwife to give information on what is usual re. weight and eating and the typical time taken to lose the weight gained in pregnancy
- As a general guideline, do the opposite of what the eating disorder mindset (or 'DVD') makes one want to do (i.e., "*Do the right thing*"). Get involved in other aspects of your life, such as socializing (thereby putting in other healthier DVDs).
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- If above has not worked within four weeks, consider seeking help
- If body mass index below 18.5 (..... pounds) for two consecutive weeks, seek help