

Cigna's Eating Disorder Awareness Series

Persevering in the Face of Pandemic-Related Challenges

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Agenda

- Identify the impact of the pandemic on mental health with special focus on eating disorders
- Explore the role of eating disorders in managing emotions driven by the pandemic
- Learn skills to increase emotion awareness and tolerance to decrease use of eating disorder behaviors
- Identify how to approach and support someone you know who may be struggling with an eating disorder



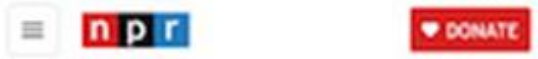
Tracking COVID-19

669,682
New cases reported worldwide, Aug. 16

4,377,248
Total deaths reported worldwide

210,168 in U.S.
Most new cases today

4,740,121,562
Vaccine doses administered in 183



Shots

THE CORONAVIRUS CRISIS
How To Keep Your Child Safe From The Delta Variant

August 10, 2021 - 5:00 AM ET



Kindergartner Alyson Zavala joined with other students and school superintendent Austin Buetner for a class selfie in April inside teacher Alicia Pizzi's classroom at Maurice Sendak Elementary School in North Hollywood, Calif. Robert Gauthier/Los Angeles Times via Getty Images



NEWS ANALYSIS

The Delta Variant Is the Symptom of a Bigger Threat: Vaccine Refusal

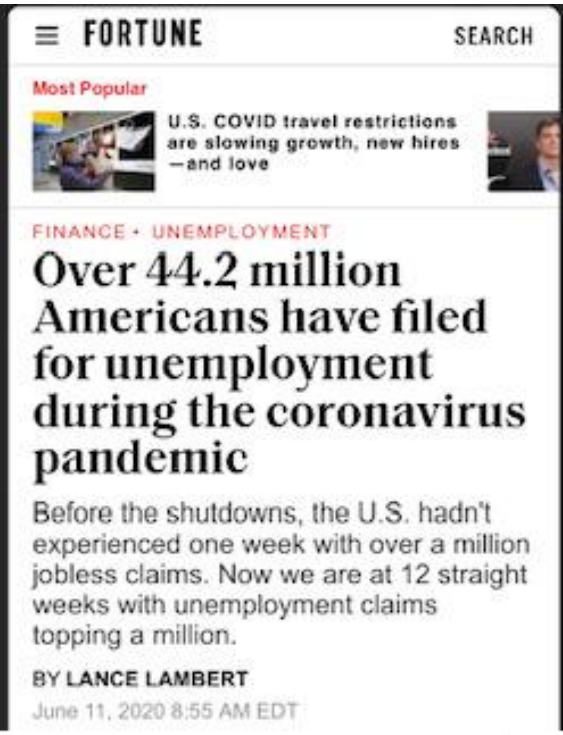
There are almost as many reasons for vaccine hesitancy and refusal as there are unvaccinated Americans. But this problem, not the variant, lies at the root of rising infection rates.



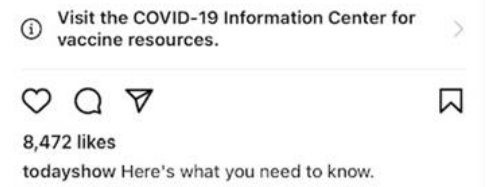
American Hospitals Buckle Under Delta, With I.C.U.s Filling Up

By Albert Sun and Giulia Heyward Aug. 17, 2021

The summer surge in coronavirus cases in the United States, led by the domination of the more contagious [Delta variant](#), is well into its second month, and the number of those hospitalized with Covid-19 has reached heights last seen during the overwhelming winter wave.



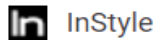
CDC recommends masks for all K-12 students, even those who have been vaccinated



Pandemic Sparks Dramatic Rise In People Struggling With Eating Disorders

Author: Stephanie Stahl
June 29, 2021 at 4:37 pm

Filed Under: coronavirus, Eating Disorders, Local, Philadelphia News



The Second Pandemic: Eating Disorders Are Surging, and They Won't Stop When COVID Does

For those who struggle with diagnosed eating disorders and disordered eating habits, the pandemic has proved a perfect storm of triggering ...
1 week ago

Covid and the eating disorder crisis

Eating disorders soared over lockdown. Now, experts are worried that the Government's obesity strategy is making the situation worse

By Sharon Walker
10 August 2020 • 6:00am

International Journal of

EATING DISORDERS

ORIGINAL ARTICLE | Free Access

Early impact of COVID -19 on individuals with self-reported eating disorders: A survey of ~1,000 individuals in the United States and the Netherlands

Jet D. Termorshuizen MSc, Hunna J. Watson PhD, Laura M. Thornton PhD, Stina Borg MSc, Rachael I. Flatt MA, Casey M. MacDermod BA, Lauren E. Harper BS, Eric F. van Furth PhD ... See all authors

First published: 28 July 2020 | <https://doi.org/10.1002/eat.23355>

EDITORS' PICK | 902 views | Aug 10, 2020, 05:22pm EDT

Anxiety From The Covid-19 Pandemic Could Be Making Eating Disorders Worse



Jessica Gold Contributor
Healthcare

I write about mental health, the media, and everything in between.

CBS News

"In many ways it's been disastrous": COVID pandemic provides perfect storm for Americans with eating disorders

"In many ways it's been disastrous": COVID pandemic provides perfect storm for Americans with eating disorders · Sign up for Breaking News ...
5 hours ago



Session 165: Let's Chill With the Quarantine 15 Jokes

Dr. Brooks and I discussed the link between trauma and eating disorders, why there has been a spike in disordered eating during the pandemic, ho...



Jul 2020 • 40 min

HEALTH

Eating disorders 'thrive in isolation': Coronavirus quarantine has led to a nearly 80% increase in calls for help, experts say

Jessica Flores USA TODAY

Published 1:26 a.m. ET Sep. 11, 2020 | Updated 12:46 p.m. ET Sep. 11, 2020

Eating Disorders and the Pandemic

- Food Insecurity
- Appearance/Body Image Concerns: Virtual Platforms “On Camera”
- Isolation: “Disorders of Disconnection”
- Navigating the Unknown/Uncertainty
- Controlling the Uncontrollable
- Diet Culture Media Messages
- Pressure to Lose Weight to Resume Life In Person

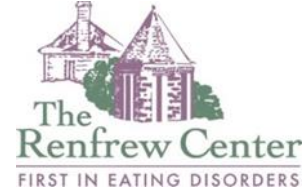
Go ahead, turn your camera off. Video calls are breeding 'Zoom dysmorphia' and hurting productivity.

Anna Medaris Miller Mar 9, 2021, 12:10 PM



Crystal Cox/Insider

Eating Disorders and Emotions



Eating Disorders are Emotional Disorders

Emotions are heightened due to systemic pandemic stressors

Common Emotions Experienced During the Pandemic:

- Anxiety
- Fear
- Hopelessness
- Helplessness
- Anger
- Guilt/Shame

Emotion → ED Behavior → Relief



REINFORCEMENT

Skills for Emotion Awareness and Tolerance

- Non-Judgmental Emotion Awareness
- 3 Point Check
- ARC of an Emotional Experience



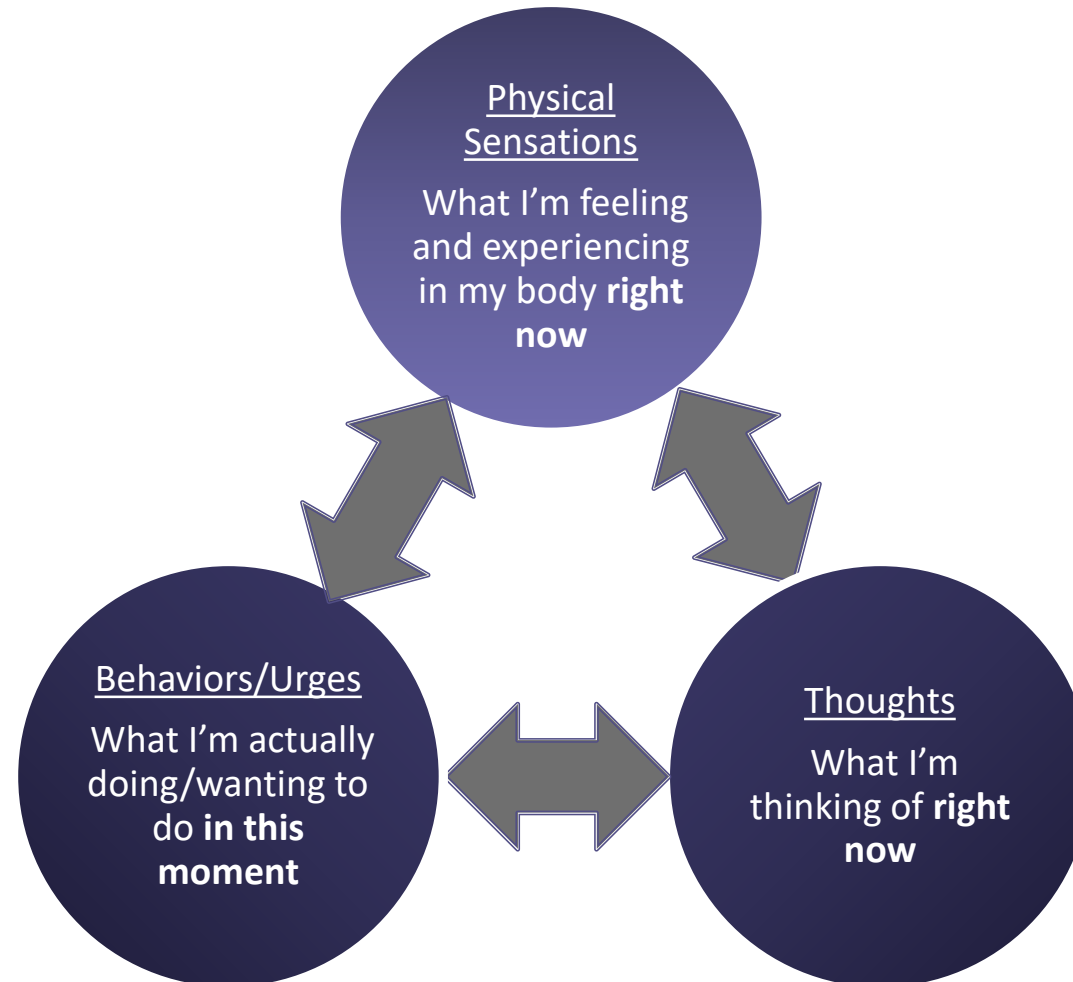


Non-judgmental emotion awareness

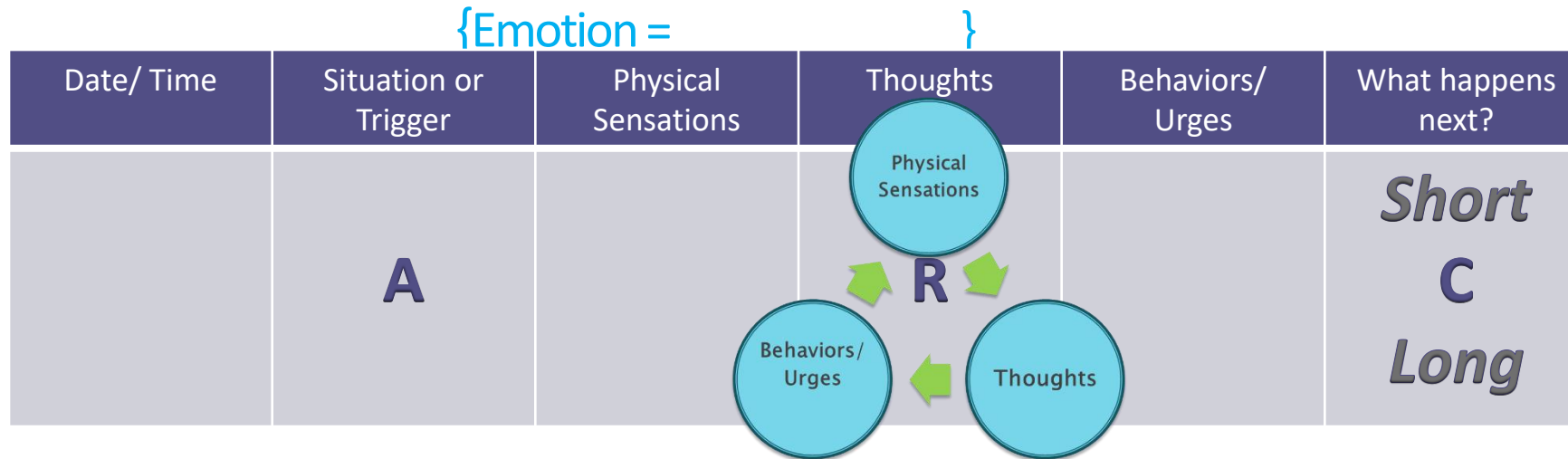
Staying in touch with our experiences, even when they are uncomfortable

- Accepting them as they are,
- Learning how to just let emotions happen when they happen
- Letting reactions to them come and go,
- Without trying to reduce them, change them, judge them as good or bad, and without trying to run away from them.

3-components of an emotion



“The ARC” of an Emotional Experience



The 3-Component Model

Helps develop an **understanding** of the antecedents and consequences of common emotional experiences



What About Food?

Eating disorders are emotional disorders AND sometimes it is about the food

Food insecurity and access to food can be a risk factor for eating disorders

Hunger cues are impacted by emotions

- Emotional fullness versus Physiological fullness
- Emotional hunger versus Physiological hunger

Eating foods

- With balance
- With variety
- You Enjoy

What About Body Image?

Our experience of our bodies is often influenced by our emotions

- Our emotions are heightened due to systemic pandemic stressors
- Media influx of diet industry messages
 - Billion-dollar diet industry
 - Creates feelings of anxiety and insecurity that drive consumption of diet products



Changing your body provides a sense of control during uncertainty

- Focus on our bodies can distract from difficult emotions
- Changes in our bodies are observable and measurable, providing a sense of control and accomplishment
- “Well at least I”

Body Image

Honor your body and your emotions

- Increasing emotion awareness helps you to listen to your physiological and emotional needs
- Tune into physical sensations
- Rest
- Movement for enjoyment

“Don’t let the diet industry profit from our collective pain”

- Critical consumer
- “Who profits off my anxiety, insecurities?”

Focus on function

- Focusing on how are bodies are SURVIVING ongoing systemic stress
- How is your body helping you through this time?

How to Help



Approaching someone who exhibits symptoms of an eating disorder is a delicate task. Fear that a loved one or friend will get mad, withdraw from the relationship or cause the person's eating disorder to worsen, may keep some individuals from taking a risk to speak up about their concerns.

Though these fears exist, it is important to understand that eating disorders are not fads, phases or eccentricities that will resolve on their own. **Eating disorders are one of the deadliest psychiatric disorders and involve dangerous ways of thinking and behaving.**

These conversations, although often extremely difficult, are crucial in order to address the emotional and physical toll exacted by the eating disorder and bring the issue out into the open.





How to Help: Broaching the Topic

Set The Stage

Talk to your loved one in a calm state and free from distraction or interruption. Being empathic and caring is just as important as the content of the conversation itself.

Share What You Have Noticed

Mention specific observations or instances that suggest disordered eating. Do not focus on appearance or weight; instead, talk about mood and relationships.

Talk About Change

Help identify the positive reasons to change and the consequences of staying the same. Change is difficult; focusing on what the individual values may be helpful in building motivation.

Offer Help

While a strong support system is extremely valuable, professional help is needed to address the eating disorder. Encourage your loved one to speak with a professional. Offer to help them look for qualified providers, and/or offer to accompany them to a therapy session or tour a treatment facility.

Be Patient Yet Persistent

Do not give up. Eating disorders do not develop overnight, and breaking through denial can take time. Continue to suggest professional help and point out the benefits of change. This process might take more than one conversation. Consider seeking out the guidance of an outside expert for an assessment or intervention.

Emotion Coaching

1.) **ATTEND** to the emotion

Notice AND pay attention to the emotion

2.) **LABEL** the emotion

Give words to the emotions, check in

3.) **VALIDATE** the emotion

Accept/allow/validate the emotion

4.) **MEET** the **NEED** of the emotion

Meet the emotional need, not solve the problem

5.) “Fix/problem solve”

Recovery Coaching: The 6 C's

Key components of Supportive Eating Atmosphere



CALM



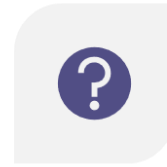
CONSISTENT



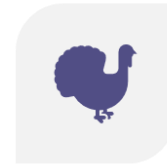
CONFIDENT



COMPASSIONATE



CONCERNED



**** NOT
COLLUDING**

ABOUT THE RENFREW CENTER

- First residential treatment facility in the nation for eating disorders, opened in 1985.
- Provides expert treatment for anorexia, bulimia, binge eating disorder, and related mental illnesses.
- Established as a family-run business, currently operating with multi-generational leadership.
- Accepts 430+ insurance plans across the country and is a preferred provider for many insurance companies.
- Incorporates The Renfrew Center Unified Treatment Model for Eating Disorders®, integrating our relational approach with the latest scientific research.
- Offers residential, day treatment, intensive outpatient, and outpatient services including virtual therapy.

LOCATIONS NATIONWIDE

CA | FL | GA | IL | MA | MD | NC | NJ | NY | PA | TN

WE HAVE **35** YEARS OF EXPERIENCE

TREATED MORE THAN **85,000** ADOLESCENT GIRLS & WOMEN

19 LOCATIONS IN THE UNITED STATES



The Renfrew Center of Philadelphia – Spring Lane is located on a picturesque 27-acre wooded estate.



The Renfrew Center of Florida is located on a 10-acre former horse farm in Coconut Creek, near Boca Raton.

CONNECT WITH US

For more information about The Renfrew Center's programs and services, please contact **1-800-RENFREW (736-3739)** or visit www.renfrewcenter.com.

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