

## Self Care Tips Recovery from Anorexia Nervosa Among Adolescent Girls

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**Abstract-** practicing self care is an essential part of anorexia nervosa recovery, self-care does not have to be extravagant, it is simple, thoughtful ways of tending to your physical emotional, mental and psychological care. Some of these self care tips should be at the top of your list.

Date of Submission: 05-06-2021

Date of acceptance: 18-06-2021

### I. Introduction

Adolescence is derived from Latin word Adolescence, meaning “to grow up” is a transitional stage of physical and psychological human development that generally occurs during the period from puberty to legal adulthood, the age of majority<sup>1,2</sup>

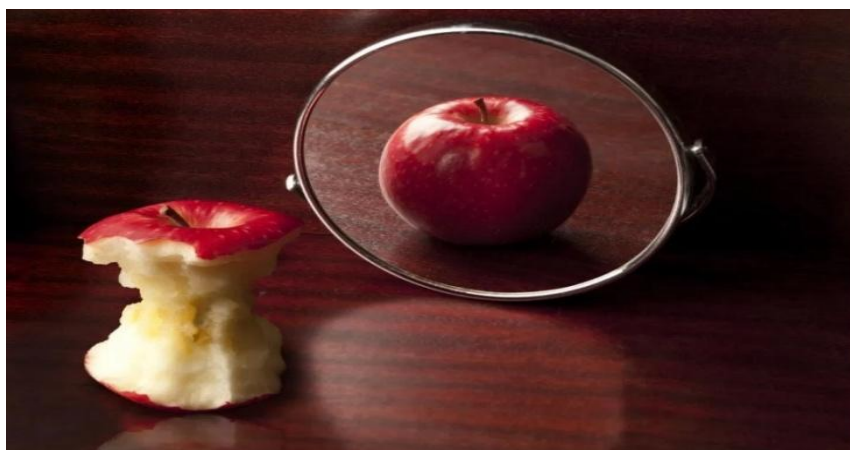
Adolescence is the age group which is highly affected by Anorexia nervosa. Globally, Anorexia is estimated to affect two million people as of 2013. it is estimated to occur in 0.9 to 4.3 % of women and 0.2 to 0.3% of men in western countries at same point in their life, about 0.4% of young females are affected in a given year and it is estimated to occur ten time less commonly in males.<sup>3</sup>

Modern day adolescents are exposed to many representation of ideal beauty. The concept of a person being unhappy with their own image or appearance has been defined as “ body dissatisfaction “In teenagers, body dissatisfaction is often associated with body mass ,low self –esteem, and atypical eating patterns<sup>4</sup>

Anorexia nervosa is a serious psychological condition and dough less dangerous upset However, with the proper treatment, recovery is feasible

In which the individual loses a lot of weight than is healthy for his or her height and age. The individual can maintain a body weight of 85 percent or less of their expected weight.

A person with anorexia will intentionally limit their food intake, generally due to a fear of being or becoming fat, even once their body mass index (BMI) is already low. They may also practice excessive exercise, use laxatives, and vomit to reduce weight,<sup>5</sup>



### SYMPTOMS OF ANOREXIA NERVOSA.

Those with anorexia nervosa slim down and maintain their very low weight in several ways. While some put severe restrictions on their calorie intake, others exercise overly. Some employ a binge and purge method similar to that used by those with bulimia Others use laxatives, vomiting, or diuretics to rid themselves of calories. If you’ have got anorexia nervosa, your symptoms could include:

- Inability to keep up a normal weight



- Fatigue
- Insomnia
- Skin that is yellow or blotchy and covered with soft, fine hairs
- Hair thinning or falling out
- Constipation.
- More than three cycles without a period
- Dry skin
- Low blood pressure.

**You may also notice behaviors such as:**

- Excessive exercise
- Pushing food around the plate instead of eating it, or cutting food into small pieces
- Irritability



- Withdrawal from social activities
- Depressed mood



- Hunger denial



- Use of diuretics, laxatives, or diet pills

### **CAUSES**

The exact cause of anorexia is not known, but research suggests that a combination of certain personality traits, emotions, and thinking patterns, as well as biological and environmental factors might be responsible. People with anorexia often use food and eating as a way to gain a sense of control when other areas of their lives are very stressful or when they feel overwhelmed. Feelings of inadequacy, low self-esteem, anxiety, anger, or loneliness also might contribute to the development of the disorder. In addition, people with eating disorders might have troubled relationship, or have a history of being teased about their size or weight. Pressure from peers and a society that equates thinness and physical appearance with beauty also can have an impact on the development of anorexia.<sup>6</sup> Anorexia has one of the highest death rates of any mental illness, claiming the lives of between 5-20% of the people who suffer from it.<sup>7</sup> Recognizing the signs and symptoms of anorexia can help a person get treatment early, which increases the chance of recovery.

### **SELF CARE TIPS FOR ANOREXIA NERVOSA.**

If you have anorexia, it's comprehensible if you don't know how to get better. You might not be eating enough food because you hope you'll become perfect if you lose weight. But starving yourself can make you very sick.

The primary step toward recovery is to line up a treatment plan with your doctor. And even if you're already seeing a specialist, there are still many things you can do to help yourself. Here are nine things you can do to start feeling strong and in control again.

### **1. SET GOAL YOU CAN MEET.**

Your biggest goal is to stay with the treatment plan that you and your doctor produce.. That means you need to go to all therapy sessions and follow meal plans. Other good things to do are:

- Write down reasons why it's silly to assume that thinner people are better. Review them regularly.
- build a list of things that prove you're a great person.
- Realize activities you get pleasure from, together with physical activities. Schedule times to try and to do them.
- Exercise as a result of you are leen on being stronger, not just to lose weight. But talk to your doctor about the exercise plan before you start.
- Tape a sign on your mirror that says you're beautiful inside and out.

### **2. PRACTICE GOOD EATING HABITS.**



Focus on ingestion a diet of fruits, vegetables, and whole grains. once you're hungry, eat what you would like . once you're full, stop. And ask your doctor if there are any nutritional supplements that you should take. Your body needs to get back the nutrients it has lost.

- Let go of rigid eating rules.
- Don't diet
- Stick to a regular eating schedule.
- Learn to listen to your body.

**3. WEAR DRESS YOU LIKE.** Don't try to hide your body under clothing. Choose comfortable outfits that make you feel good.

**4. TREAT YOUR SELF.** Reward your body and mind with simple activities, like a long bath or strolling through a garden.

**5. ASK FOR EMOTIONAL SUPPORT.** Other people want to help you feel better. But you need to trust them first. Start by spending more time with family and friends who make you feel good about yourself. When people give you advice, remember they want what's best for you.

**6. HELP OTHERS.** Worrying about food and weight loss takes a lot of time and energy. Use that energy to help others in need. It will make you feel better about yourself and the world.



## **7. PROVIDE YOUR MIND A REST.**



Some other things to recollect which may be helpful:

- It takes plenty of energy to weigh yourself and perpetually check your body with the mirror. Once you catch yourself doing it, stop.
- Get many sleep in the night.
- Take a break from the harmful or unrealistic messages you get from the Internet, TV, and magazines

## **8- LEARN HEALTHY WAY TO COPE WITH EMOTIONAL PAIN-**

Learn healthier way to cope with emotional pain – you cope with emotion negative emotion and deal with life challenge. The first step is figuring out what's really going on inside, Are you upset about something?. Depressed ? Stressed out? Lonely? Once you identify the emotion you 'experiencing, you can choose a positive alternative to starving or stuffing yourself here are a few suggestion to get you started.<sup>8</sup>

- Call a friend
- Listen to music
- Play with a pet
- Red a good book
- Talk a walk
- Go to movies
- Get out into nature
- Play a favorite game
- Do something helpful for someone else.

## **COPING WITH ANOREXIA: DO AND DO 't DO**

- Allow yourself to be vulnerable with people you trust.
- Fully experience every emotion.
- Be open and accepting of all your emotion.
- Use people to comfort you when you feel bad, instead of focusing on food.
- Let your emotions come and go as they please, without fear.

## **DO't.**

- Pretend you don't feel anything when you do.
- Let people shame or humiliate you for having or expressing feelings.
- Avoid feeling because they make you uncomfortable.
- Worry about your feeling making you fall apart.
- Focus on food when you'r experiencing a painful Emotion.

## **9. Learn to accept and love yourself as you are.**

- Make a list of your positive qualities.

- Stop body checking.
- Avoid” fat talk”
- Chalange negative self talk.

#### **10. Improve your body image-**

- Dress yourself, not others.
- Stop comparing yourself with others.
- Pamper your body-
- Stay active<sup>9</sup>

## **II. Conclusion**

self care is needed to nature not only your body, but also your emotional ,mental, spiritual and social health. Regularly incorporating self care into your life can decrease the symptoms of mental issue, it is vital to recognize your importance and devote time to take care of yourself.

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Mrs Safia Khanam, et. al. “Self Care Tips Recovery from Anorexia Nervosa Among Adolescent Girls.” *IOSR Journal of Nursing and Health Science (IOSR-JNHS)*, 10(3), 2021, pp. 17-22.