

# Dare To Hope – A Series on Mental Health

## Eating Disorders

*Eating Disorders are significantly varied in how they present themselves. While [Anorexia](#), [Bulimia](#), & [Binge Eating Disorder](#) are the most common forms, disordered eating involves many different behaviors and warning signs.*

**Below is a list of some general symptoms and warning signs of disordered eating:**

- In general, behaviors and attitudes that indicate that weight loss, dieting, and control of food are primary concerns
- Preoccupation with weight, food, exercise, calories, and dieting
- Food rituals (e.g. eats only a particular food or food group, excessive chewing, doesn't allow foods to touch, takes only small bites of food)
- Skipping meals or taking small portions of food at regular meals
- Withdrawal from usual friends and activities
- Extreme concern with body size and shape, including poor body image
- Noticeable fluctuations in weight, both up and down
- Physical symptoms of dizziness, headaches, digestive problems, or menstrual irregularities

## Resources

- View a list of available resources (videos, sermons, articles, etc.) via the Resource Center on Grace Church's website:
  - <http://gracechurch.us/resources/resource-center/>
- [National Eating Disorders Association](#)
- Counselor Recommendations:
  - [Center for Hope and Family Solutions](#) – (317) 598-8887
  - [Charis Center for Eating Disorders](#) – (317) 944-5000
  - Emily Paxton - (317) 474-6448
  - Kathy Henry – (317) 727-8939
  - Jama Davis – (317) 730-5155
- Schedule a Care Appointment
  - We want to connect with you personally and believe it can be the most effective way to show compassion and ignite transformation. Care appointments allow you to meet with a Care Ministry Team Member for prayer, encouragement, and resource recommendations. Contact the Associate Pastor of Student Ministries at your campus to schedule an appointment.