

## Addressing Disordered Eating

### RAVES: A step-by step approach to re-establishing normal eating

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**R**

- **REGULARITY**

- Establish a habit of eating at regular intervals
- Foundation step in re-integrating food & eating into life

**A**

- **ADEQUACY**

- Sufficient food to meet your nutritional requirements, whatever they may be

**V**

- **VARIETY**

- Further step in developing a positive relationship with food
- Forms the foundation for eating socially & challenges rigid food beliefs

**E**

- **EATING SOCIALLY**

- Integrating eating back into the social setting & re-forming connections

**S**

- **SPONTANEITY**

- Flexibility & ease of decision-making around eating