

ADDRESSING DISORDERED EATING



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

By Shane Jeffrey

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

<https://www.youtube.com/watch?v=eDixEKi5CNs>