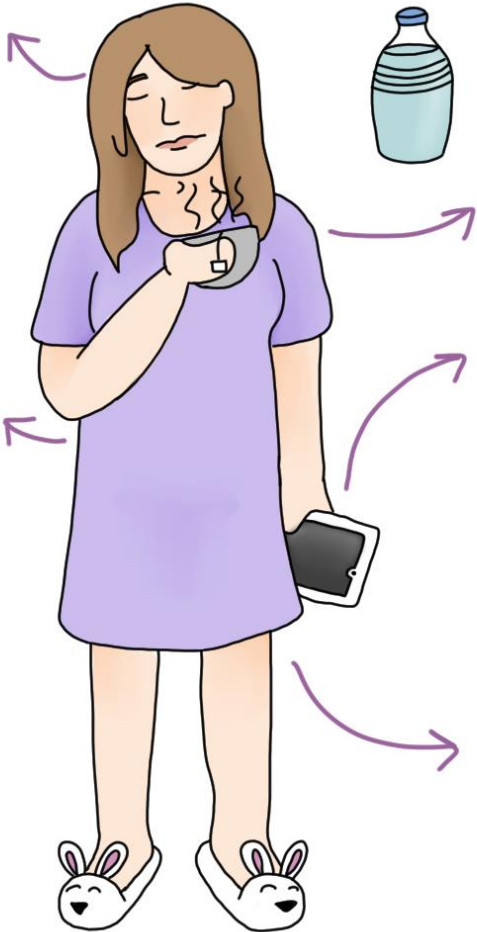


The exhausted girl's guide to self-care after a binge

@meandmyed.art

Accept

What's done is done and you are no less worthy or amazing for doing so. This doesn't erase all of your success so far and remember that slip ups are a normal part of recovery.



Rehydrate

Carry a bottle of water around and make a cup of your favourite tea (peppermint is the best for bloated bellies)



Eat

I know this is the last thing you feel like doing, but it will help your belly digest and return to it's happier self. Try starting light and working your way back up



Cry

Find the saddest movie you know and watch it in the dark (The Fault in our Stars is a good place to start)



Get comfortable

Put on your favourite, loosest piece of clothing and set yourself up in a pillow fort