



Eating Disorder-Relieving Coping Cards!

These pocket cards might help you ground yourself through those intense feelings when worry gets the best of you.

Includes:

- 12 coping skills flash cards for those on the go who want to bring along concrete, printable coping skills to improve their mental health!
- Each card measures 9cm by 12cm long when printed on A4 paper.
- To use again and again, print, cut, and laminate.
- This digital print is intended for personal use only and may not be resold, posted, or used commercially without prior permission.



Cheryl T. Long

I
will not define
myself
by my past

Every day in every
way I make choices
that enhance my
health and
happiness.

Health and happiness
are a lifestyle
I cultivate as I free
myself from my
disordered eating
patterns.

I
have
everything
I need within
myself.

I
like
everything
about
myself

I enjoy excellent health.

I
can choose to
have a daily
reprieve from
self-destructive
behavior.

Food
is
a
form
of
medicine.

Each day
I am
closer to
my
recovery

Muscles
are
formed
by
eating.

Don't
think
about it;
just
eat.

Food
is a
source
of
energy.

My
sickness
does not
define me.