



Lived experience video – self care guide

Thank you for volunteering your time to support our project, it is really important that lived experiences are accurately reflected in the resources that we are providing to carers and professionals.

We recognise that sharing lived experience has the potential for both positive and negative outcomes. It can be a great way of taking steps forward in recovery but it can also have the potential to trigger challenging memories. You don't need to be fully recovered to take part; however, we would encourage people to be mindful of where they are in their individual journeys and to think through the potential impact of public speaking.

Right to withdraw

We know that people can feel exposed when we share personal experiences on a public forum and we want to ensure that all participants know that it is absolutely okay to ask to remove your video content from our platform at any time.

You don't need to give us a reason for this, you just need to send us an email to ellearn@beateatingdisorders.org.uk and provide some identifying information so we can locate the content and we will work to remove it as soon as possible.

Top tips

If you have a treatment team or a professional you are working with at the moment, we would encourage you to discuss the pros and cons of contributing content for your recovery at the moment. They may be able to help come up with some strategies to help you be ready in case you find the filming triggering.

Preparation

Prevention is often better than the cure, and so we would encourage you to think through what support you may need to make the most of this opportunity. We have a few questions that you may find helpful to ask yourself before deciding whether to go ahead with the filming. These questions are just a starter for ten, and by no means prescriptive. It's important to focus on what you feel is the most supportive options for you personally.

1. What are my go to self-care resources? Can I organise any of these activities to happen directly after I finish filming?
2. What are the potential signs, thoughts, moods, feelings, behaviours or situations that may indicate that I am struggling? Can I share these with someone in advance so they can look out for this?

3. Could I get somebody to be on standby in case I need some support from them? What would I need them to know so they can be ready to be as helpful for me as possible?
4. Is there anything I can let the Beat team know about in terms of providing support for me?
5. What are good distractions for me? Can I write them down somewhere easy for me to find so that I have them to hand in case I need them?
6. Are there services that I trust that I can reach out to for support if I find something difficult? (See the useful resources section for some of our suggestions)

Useful resources

We would encourage you to reach out to your existing support mechanisms such as a care team, family or friends if you found the experience triggering in any respect. We would also suggest some of the following support services that can offer a listening ear:

- If you are in an immediate crisis, we would encourage you to seek support through the emergency services by calling 999.
- [Beat services](#) – we have a helpline and webchat service alongside peer support groups that can help you talk through anything going on with your eating disorder.
- [Samaritans](#) – call them for free and in confidence at any time on 116 123.
- Text 'Shout' to 85258 – [Shout](#) offer a free and confidential text service for anyone feeling in crisis.
- [The Mix](#) (if you are 25 and under) – offer a free helpline open from 3pm-midnight every day alongside a number of other online services.