



— LET'S DO THIS! —



You are not alone!
Help is just a call/click away.



www.eatingdisorder.care • (866) 771-0861

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You are about to embark upon a life-changing journey, and we are here to support you along the way.



A message from Dr. Tamara Pryor, Clinical Director and Director of Clinical Research at EDCare.

Our bodies are not the enemy and it is time we stop viewing them as such. In 2018, it is our goal to help break this vicious cycle and encourage body positivity through action. To help in this endeavor, we need a tool that goes beyond theory. A tool which

allows us to utilize real and practical information on how to address and alter negative comments about ourselves and others. Something not influenced by the media. We need a reminder that beauty goes beyond the size and shape of our bodies, the color of our skin and our sexual orientation. How being different is one of the greatest gifts of all.

We couldn't find a tool that could combine the facts and the fun....so we created one! Our 2018 EDCare Calendar is a reliable resource you can turn to when you need help. Created by our staff, you will find each month packed with fun and practical ways to reconnect with your authentic self by giving and receiving care. The monthly themes and weekly therapeutic-based experiences will aid you on your journey to recovery. If you find yourself in need, connect with us on Facebook, Twitter, Instagram and LinkedIn for additional resources and support throughout the year.

Armed with this tool, know recovery IS possible and 2018 can be your fresh start. What are you waiting for? LET'S DO THIS!



PRACTICE

SPONTANEITY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14 Martin Luther King Jr. Day	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

Weekly Experiences:

- Make a list of 12 new things you'd like to do this year & try one every month
- Make plans with a friend to face a fear together
- Do a weekend or overnight getaway to a new place you've been wanting to see
- Call a friend or family member you haven't talked with in a while





SPREAD THE



February 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2 Groundhog Day	3
4	5	6	7	8	9	10
11	12	13	14 Valentine's Day	15	16	17
18	19 President's Day	20	21	22	23 National Eating Disorders Awareness Week	24
25	26 National Eating Disorders Awareness Week	27	28	1	2	3

Weekly Experiences:

- Participate in Operation Beautiful
- Write a love letter to someone in need
- Take yourself on a recovery-focused date
- Write yourself a love letter to read whenever you are struggling

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FUEL

your
BODY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	1	2	3
4	5	6	7	8	9	10
11 Daylight Savings Begins	12	13	14	15	16	17 Saint Patrick's Day
18	19	20 Spring Equinox	21	22	23	24
25	26	27	28	29	30 Passover Begins Good Friday	31

Weekly Experiences:

- Step outside your comfort zone: take a cooking class solo or with a friend!
- Connect with family or friends over a meal (no electronics allowed!)
- Make your favorite meal or dessert from your childhood & share with others
- Get creative in the kitchen! Prepare a new recipe



GET OUTDOORS!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Easter	2	3	4	5	6	7 Passover Ends
8	9	10	11	12	13	14
15	16	17 Tax Day	18	19	20	21
22 Earth Day	23	24	25	26	27	28
29	30	1	2	3	4	5

Weekly Experiences:

- Take photos of the outdoors and appreciate what you capture
- Read a book in the park or your favorite outdoor space
- Engage your 5 senses – taste, touch, sight, smell and hearing
- Turn off notifications on your phone to allow yourself to be more present

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**BREAK**

the **STIGMA**

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13 Mother's Day	14	15 Ramadan Begins	16	17	18	19 Armed Forces Day
20	21	22	23	24	25	26
27	28 Memorial Day	29	30	31	1	2

Weekly Experiences:

- Watch the 'Embrace' documentary with a friend or family member & engage in a discussion after
- Journal about 3 ways you can improve taking care of your mental health
- Join NAMI's StigmaFree campaign
- Visit the NEDA website & find a helpful tip to pass onto a friend or loved one

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Show
YOUR



PRIDE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14 Ramadan Ends Flag Day	15	16
17 Father's Day	18	19	20	21 Summer Solstice	22	23
24	25	26	27	28	29	30

Monthly Experience:

Visit www.itspronouncedmetrosexual.com and find:

- When Someone Comes Out: Do's and Don'ts
- Breaking through the Binary: Gender Explained Using Continuums
- Genderbread Person v3
- You Soup

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— BE AN —

ADVOCATE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Independence Day	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Weekly Experiences:

- Advocate for a cause you are passionate about by joining their nonprofit or charity
- Use your voice to advocate for YOURSELF
- Join your local Project Heal Chapter or become involved with NEDA
- Use social media as a platform to spread awareness about your passion

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WAKE UP

KICK
BUTT

REPEAT

August 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

Weekly Experiences:

- Research the closest NEDA walk & attend
- Subscribe to 'Phit For A Queen: A Female Athlete Podcast' by visiting their Facebook page
- Attend a local sporting event (or two!)
- Journal about your identity as an athlete

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CONNECT

— AND GET —

SOCIAL

September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3 Labor Day	4	5	6	7	8
9 Rosh Hashanah Begins	10	11 Rosh Hashanah Ends	12	13	14	15
16	17	18	19	20	21	22 Autumnal Equinox
23 30	24	25	26	27	28	29

Weekly Experiences:

- Subscribe & listen to 'The Eating Disorder Recovery Podcast' with Dr. Janean Anderson available on iTunes
- Reconnect with a friend over coffee instead of texting or phone call
- Challenge yourself to go a day or even a week social media free
- Remind others that their value is not rooted on how they look

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EMPOWER

YOURSELF

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Halloween	1	2	3

Weekly Experiences:

- **Connect:** Introduce yourself to someone new
- **Accept:** That you are enough
- **Mindfulness:** Be mindful that everybody's journey through life is different
- **Sense of Self:** Take an expressive class that you have wanted to try
- **Action:** Make a plan to _____

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have an
ATTITUDE
of
GRATITUDE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4 Daylight Savings Ends	5	6	7	8	9	10
11 Veterans Day	12 Veterans Day (Observed)	13	14	15	16	17
18	19	20	21	22 Thanksgiving Day	23	24
25	26	27	28	29	30	1

Weekly Experiences:

- Take the 30-Day Gratitude Challenge
- Complete a gratitude mandala
- Write a thank you note to someone who has supported you through your recovery or a particularly hard week
- Practice patience while waiting in a line

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MAKE
time
FOR



SELF-REFLECTION

December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2 Hanukkah Begins	3	4	5	6	7 Pearl Harbor Remembrance Day	8
9	10 Hanukkah Ends	11	12 Winter Solstice	13	14	15
16	17	18	19	20	21	22
23	24 Christmas Eve	25	26	27	28	29
30	31 New Year's Eve	Christmas Day	Kwanzaa Begins			

Weekly Experiences:

- Find a meditation that focuses on setting intentions & practice this weekly
- Have a self-care inspired day & reflect on this past year
- Journal about a challenge this past year that you were able to turn into a success/positive experience
- Set an intention for the upcoming New Year

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