

# Express Your Self

## Coping #1: The 5-Rs



List alternatives for ED behaviors in each of the 5-R categories below.  
Refer to this list instead of using ED behaviors for coping!

**Recreation**  
*(uplifting fun activities)*

**Relaxation**  
*(stress relief strategies)*

**Reward**  
*(special treats which fill you from within)*

**Responsibility**  
*(distract with these household tasks)*

**Recovery**  
*(techniques to help you review, reflect, resolve... and be in recovery!)*