Eating disorders are on the rise. Of all mental illnesses, eating disorders have the highest mortality rate. Chances are that you or someone you know is living with an eating disorder.

Eating disorders are often shrouded in secrecy, so it can be hard to know how to start a conversation. Drawing on three characters—Ed the Eating Disorder Monster, Reggie the Recovery Rhino and Bird—these cards invite gentle exploration of how an eating disorder can impact on a person’s life. They also encourage people to consider some simple ways forward.

Here are a few suggestions for using the cards (there are more in the booklet):

• Choose a card that catches your attention or stands out for any reason. What caught your attention?
• Do any of the cards represent how you have been feeling lately?
• Pick a card that represents something you’d like to focus on today.
• Pick a card that represents something you’d most like to change.
• Pick a card that represents a way forward.
• Choose a card with a question you think is easy to answer.
• Choose a card with a question you think is challenging to answer.
• Everyone experiences difficult times. Which card represents something you’ve done in the past that might help? What new thing could you try?
• Which card represents something you haven’t thought about before?
• Which card represents something you would like other people to understand?
• Which card represents something that you think most people with eating disorders have in common?
• Choose two cards you think complement each other. Why?
• Choose two cards you think have opposite meanings. How are they different?
• Do you experience both of these opposites as well? When you are experiencing each one, what are you thinking? What causes your experience to shift from one to the other?