

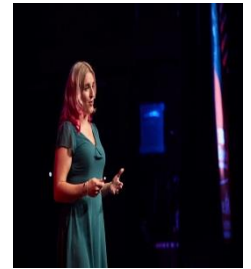
## **Healthy weight unhealthy mind: The dangers and stigma facing those with atypical anorexia and OSFED**

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### **Abstract**

In a world where dieting and losing weight is constantly exhausting us, how do we know when a diet has gone to far? I would like to bring to everyone's attention the eating disorder mistaken for a healthy lifestyle. Atypical anorexia and OSFED. I was indeed a healthy weight; however I was far from healthy, physically and mentally. My mental health was in complete shatters, emotionally avoiding any given situation that may involve negative emotions. Depressed and no self-esteem, truly believing I was the enemy. Abusing laxatives, eating the bare minimum, weighing out all my food to work out calories consumed, I had a serious exercise addiction and would not be able to resist weighing myself on multiple occasions throughout the day. Yet I was constantly praised for the behaviours that were indeed killing me. In a war with my own mind, convinced if I was slimmer, smaller if I shrunk myself I would be treated better instead of the years of torment and abuse I had already encountered. Once realizing I had a problem and trying to seek help, I was turned away on numerous occasions because my weight was not low enough. I was too fat for an eating disorder, too fat for anorexia, but not too fat to be told i had a few months left to live. Even though my weight was indeed healthy, my heart had actually shrunk, I had a short time to turn this around and I was finally allowed to access treatment. However throughout my recovery journey, I have been met with such stigma from health care professionals. Constantly dismissed saying I could not possibly have an eating disorder, constantly reminded I was just dieting and my behaviors were normal. I nearly lost my life due to weight stigma, this needs to change, we can do better.



### **Biography:**

Heartfelt and candid, Zoe Burnett is a playful, warmhearted and compassionate speaker, a creative graduate with broad experience of teaching across a wide demographic, including children and adults. With experience speaking to larger audiences including delivering a TEDx talk on this topic, using examples from her own lived experience, sharing her journey after recovering from atypical anorexia, a 14 year battle. She is now determined to change those core beliefs we may have around eating disorders. Nicknamed the “barefoot rebel” delivering her talks using grounding techniques despite having an anxiety disorder, she is pioneering for change. A mental health warrior.

[30<sup>th</sup> International Conference on Public Mental Health and Neurosciences](#); Webinar- December 08, 2020.

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