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'Me and my ed', el Instagram que cuenta en dibujos la dura lucha contra la anorexia

Christie Begnell es la ilustradora que ha creado la cuenta de Instagram **'Me and my Ed'**, ya que gracias a la ilustración y el arte encontró la fuerza interior para superar su grave problema alimentario, la anorexia, que combatió durante 4 años.

Cuando solo tenía 20 años vivió una ruptura amorosa que le afectó mucho, una ruptura que la destrozó emocionalmente y que le provocó ansiedad y como consecuencia aumentar de peso. Tiempo más tarde intentó recuperar su peso normal, pero todo se torció y se obsesionó completamente en la dieta hasta el punto de controlar su vida por completo.

? I'm going live 12pm AEST Friday 3rd February ? . Hey guys! My name is Christie and I'm the artist behind Me and My ED. I am so so thankful for all of your kind words and I feel so blessed to be able to share my art with you. A lot of my inspiration comes from my journey in my Eating Disorder recovery, but also the stories you have been sharing with me. I would love to get to know you all and listen to your stories, but also give you guys the opportunity to ask me whatever you like ? . You can ask me anything about my recovery, my book, my artwork or even about my life. I can't wait to meet you all ? (Oh and I might even talk about what this big upcoming announcement is ?) . If you end up missing me, I'll organise another time in the near future for a second Q&A ?

Una publicación compartida de Christie Begnell (@meandmyed.art) el 2 de Feb de 2017 a la(s) 6:47 PST

Después de varios intentos que acabaron en fracaso para combatir la anorexia, Christie encontró una salida en el arte, ya que descubrió que dibujar la hacía sentir mejor y exteriorizar todas las cosas que la hundían día a día era muy terapéutico. Así nace la historia 'Me and my Ed', actualmente convertida en un libro y también en una cuenta de Instagram. Una historia que cuenta en ilustraciones lo que sintió ella durante la lucha contra la anorexia. Unos dibujos que hablan muchísimo y que tienen una fuerza brutal.

En su página web [<http://meandmyed.bigcartel.com/>], Christie comenta lo siguiente en su biografía: "Cuando estaba enferma, pude dibujar el caos que había dentro de mi mente. Tan inquietante como algunas de las imágenes, dio a mi familia un nuevo nivel de comprensión de cómo me sentía y lo que mis pensamientos era. No siempre era seguro para mi expresar mis pensamientos y sentimientos. Mi Ed era una manera un poco saludable de comunicar mi dolor; el



arte se convirtió en una alternativa para vencer la anorexia".

I was searching through some of my old diaries and I found this. This is the first time I drew Ana. A cold, lifeless demon with big yellow eyes and purple corpse like skin. I find it interesting that her head is a giant heart, I wonder what that means. I remember how I felt after I put her down on paper for the first time. A sense of relief, a realisation that maybe I really did have an Eating Disorder. I felt lighter. Of course I wasn't cured of anything, but I had something that I could see that validated what I was feeling was actually terrifying. 5 years ago I drew Ana for the first time, and now look where I am ?

Una publicación compartida de Christie Begnell (@meandmyed.art) el 24 de Feb de 2017 a la(s) 5:40 PST

Además, también ha querido dejar muy claro su objetivo a la hora de crear la cuenta de Instagram y publicar el libro: "Quiero que los lectores pueden identificarse con un dibujo, entregarlo a las personas que quiere y decir, 'Esto es lo que siento por dentro'".

Estas son algunas de las ilustraciones que podrás encontrar en su Instagram:

Recovery. There is hope. I pick up my spoon and one meal at a time I dig through the hole. I fought with the fire and I reasoned with Ana. Once the wall began to break down I saw light. Each day it grew brighter and brighter. Sure, I still have days that are harder than others, and I still have beliefs that I need to dig through, but I see the light and today I choose to fight ? (Picture taken from 'Me and My ED' ? a picture book on living with and recovering from an Eating Disorder {digitally remastered}. 'Me and My ED' is available for purchase from meandmyed.bigcartel.com. Link available in bio)

Una publicación compartida de Christie Begnell (@meandmyed.art) el 22 de Feb de 2017 a la(s) 7:27 PST

En este dibujo podemos ver una pared llena de palabras que reflejan cómo se ve el mundo cuando combates la anorexia, palabras como 'gorda', 'invisible', 'fracaso'...



Last week I received a lovely message from someone telling me that I had never had an Eating Disorder. Despite the fact that my artwork represents the emotional and psychological torture that comes with the illness, and I have spent several years in Eating Disorder treatment, apparently I never had an ED because I never reached a critically low weight. I cannot stress this enough... EATING ?? DISORDERS ?? ARE ?? MENTAL ?? ILLNESSES ?? Only a very small percentage of people with an Eating Disorder reach a low BMI, and for those who do restore weight, ED's do not just magically disappear. Saying shit like "Oh, you look so healthy" is seriously insulting. Somebody's mental health can not always be seen, and for the most part Eating Disorders are more dangerous when they go undetected. Please share this message. This point is what motivated me to start drawing in the first place. I couldn't use my body to show people how tormented I was anymore, so I used my art. Please. If you take anything from this, it should be that no matter what your weight, you still deserve treatment ?

Una publicación compartida de Christie Begnell (@meandmyed.art) el 17 de Feb de 2017 a la(s) 4:37 PST

"La apariencia nunca será un indicador de la gravedad de un trastorno alimentario".

Oh hey! ? If you love (or even tolerate) my art, you should check out the 'Me and My ED' Facebook page and my online store at meandmyed.bigcartel.com. The store is particularly fun ? It's housing my beloved ebook and giving it all the tender loving care it deserves ? If you want to give it a little TLC too, all you have to do is click on the link in my bio and start spreading the love ?? . (Yay for finally getting my shit together and setting up a website and Facebook page) (Double yay for being full of joy and letting my inner dork out)

Una publicación compartida de Christie Begnell (@meandmyed.art) el 12 de Feb de 2017 a la(s) 10:40 PST

Anxiety ?? "Like the world around me is falling apart and all I can feel is impending doom. I am sick. I am dying. I've broken out in rashes and my fever is growing. I'm crawling out of my skin. Like cockroaches under my skull. Everybody hates me; they're trying to kill me. Murder me. They're plotting my murder. Everything's due and I have no time. I'm running out of time. The



world is ending, and I'm the cause". . Anxiety is much more than just feeling worried from time to time.

Una publicación compartida de Christie Begnell (@meandmyed.art) el 11 de Feb de 2017 a la(s) 10:15 PST

Guess who finally finished the e-book?! ?? (This gal! ??) . If you guys love my drawings, you're going to love 'Me and My ED'. Its a picture book that depicts life with one of the most complex and misunderstood illnesses (Eating Disorders). It includes pictures showing the purpose of an ED (control, numbing, safety, etc) and how difficult it is to live with a demon in your mind. This book has helped me and many others understand their illness and be able to show others how it feels. When you can't verbalise your thoughts, or even write them down, don't turn to ED behaviours, pick up this book and show your loved ones ? . Get your e-book today by clicking the link in my bio! Plus if you're super quick, Blurb are having a 25% off sale for the next few hours ? It will be available in the iBook store within the next week as well ? I'm so excited to share it with you guys! It fills my heart with so much light when I hear that my art is helping you.

Una publicación compartida de Christie Begnell (@meandmyed.art) el 5 de Feb de 2017 a la(s) 12:09 PST

Des de Adolescentes.com queremos recordaros que si sentís que estáis sufriendo un trastorno alimentario o conocéis alguien que podría sufrirlo, no dudéis nunca en poneros en contacto con vuestra familia para encontrar la ayuda necesaria para superarlo. Si se lucha, se puede superar, y ya son muchos los ejemplos que hemos encontrado de gente que ha podido vencer los trastornos alimentarios.