



TEA

with the

CHANGEMAKERS



ZOE BURNETT

Mental health & Eating disorder Warrior

This week's episode contains conversations about eating disorders and suicide.

"Life is more than self-hatred and celery sticks" – Zoe Burnett

Zoe Burnett has first-hand experience in conquering atypical anorexia, and depression and is a suicide survivor. Now as a published author, TEDx speaker and charity worker (at First Steps Eating Disorder Service) she uses her lived experience to educate others, and rebel against unhealthy social norms.

On this week's show, Zoe shares her story with Kelly and speaks candidly about what it's like to live with an eating disorder and how it affects your mental health, set point theory and how she's "recovering loudly so others don't suffer in silence."

Zoe continues to speak out because of the societal shift in attitude that's needed regarding diet and weight. In this episode Zoe shares some shocking and alarming statistics with us.

- Over 80% of 10-year-olds are now scared of being fat.
- 90% of teenage girls avoided an activity because of the way they looked.
- 87% of teenage boys avoided an activity because of the way they looked.

The statistics speak for themselves, and Zoe speaks out to ensure that we continue to have conversations about eating disorders in the hope that they will change attitudes, educate, and most importantly reach people who are struggling and may need help.