



Try this practice!

Make a list of all the ways in which you respect your body.

(A few examples: feeding it regularly, honoring cravings, moving in a joyful way, wearing clothes that are comfortable, speaking to it in a nonshaming way, noticing the ways in which you appreciate what your body can do, creating boundaries, showering and brushing your teeth)

Make a list of all the ways in which you disrespect your body.

(A few examples- ignoring hunger, eating inadequately, restricting foods you enjoy, moving for punishment, shaming self-talk)

Slowly practice increasing the first list and decreasing the second list. Raise awareness around what this does for your view of your body. Raise awareness around how it makes you feel.

(Example: reducing body checking- I'm noticing that I do not think about my body as much which makes me feel a bit less anxious and able to fill that space with this thing I enjoy)

Repeat

This is not an easy practice. try looking at it as an experiment. Do a little bit at a time. You can always go back to the way you're doing things now if it doesn't work for you.

SIDE BY SIDE
NUTRITION

