

Community Connections

An ACE in-house newsletter

Toolbox

Making Peace With Your Body and Yourself

- When you look in the mirror, make yourself **find at least one good point** for every demerit you give. Become aware of your positives.
- Decide which of the cultural pressures—glamour, fitness, thinness, media, peer group—prevent you from feeling good about yourself. How about **not buying fashion magazines which promote unrealistic body images?!**
- **Emphasize your assets.** You've got lots. Give yourself credit for positive qualities. If there are some things you want to change, remember that self-discovery is a life-long process.
- **Make friends with the person you see in the mirror.** Say, "I like what I see. I like me." Do it until you believe it.
- **Question ads.** Instead of saying, "what's wrong with me," say "what's wrong with this ad?" Write the company. **Set your own standards** instead of letting the media set them for you.
- **Ditch dieting and bail on the scale.** These are two great ways to develop a healthy relationship with your body and weight.
- **Challenge size-biotry and fight size discrimination** whenever you can. Don't speak of yourself or others with phrases like "pig out" or "thunder thighs."
- **Be an example to others** by taking people seriously for what they say, feel, and do rather than how they look.
- **Accept the fact that your body's changing.** Your body is a work in progress. Don't let every new inch or curve throw you off the deep end.

--Adapted from Cindy Maynard in *Current Health*2, 1998.

"The act of nutrition is not a purely physiological event... The family meal is a formality that cultivates in us... a capacity for sharing generosity, thoughtfulness, a talent for civilized conversation."

-Francine Du Plessix Gray

In the News:

The organizers of the "Pasarela Cibeles," a renowned fashion show in Madrid has banned super skinny models from the show. Their decision eliminated about 30% of the women who had participated in earlier shows. This decision was initiated after the death of an emaciated-looking model, Luisel Ramos, died of a heart attack this summer.

Kitchen Pantry

Top 10 Ways to Increase Your Fiber Intake

1. Change to higher fiber bread.
2. Switch to higher fiber cereals, like All Bran, Fiber One or Bran Buds.
3. Eat fruit with the skin on, like apples, peaches, pears or plums.
4. Try dried fruit, such as raisins or prunes.
5. Add beans, peas, and legumes to meals. Try pinto beans, black beans, kidney beans and black-eyed peas.
6. Try brown rice vs. white rice.
7. Try whole-wheat pasta vs. regular pasta.
8. Eat more raw vegetables. The highest in fiber are carrots, broccoli, and cauliflower.
9. Choose nuts and seeds more often—add pine nuts to salads, try peanut or flaxseed dressings on salads, and sesame seeds, almonds, or sunflower seeds in pastas, rice dishes and vegetable mixtures.
10. Choose high fiber snack options. These may include oat bran pretzels, Wheat Thins, Triscuits, Fig Newtons and granola.

--Adapted from Page Love, RD,LD. For more information call Page at (770) 457-1457, or talk to your case manager.

Skills to Remember

1. Be **mindful** of your feelings, needs and behaviors—in the moment.
2. Learn to “catch” yourself when you are having strong emotions or when you feel that you are struggling and **observe** what is happening.
3. Be objective in your observations of yourself and others. Describe what is happening; **use accurate and descriptive terms** (anxious, angry) instead of dramatic or negative terms like “freaked out.”
4. Realize that **there are reasons** for how you feel and for what you are going through.
5. Practice evaluating when it is truly in your best interest to **express** yourself and your emotions more directly and when to **distract yourself or “hold”** your emotions until a more appropriate setting or time.
6. Practice evaluating when you should **ask for what you need or want** from others and when it is better for you to **meet your needs independently** of others.
7. **Reduce your vulnerability** to stress and overwhelming emotions by giving yourself enough rest, relaxation, good interactions with others, good food, etc.
8. Practice recognizing when you are **avoiding** people, places, and things for unhealthy reasons and when it is in your best interest to avoid certain people and places.
9. **Be authentic.** Get to know yourself, your likes and dislikes, your needs, desires, limitations, goals, true reactions, etc. Do not confuse your needs and experiences with those of other people.
10. **Include positive experiences**, fun, enjoyment, and positive people in your daily life. Even if you cannot enjoy something as much on a “down day,” make sure you try every single day. Sometimes **acting “as if”** you are happier or where you want to be can create positive events.

5 Things Parents Can Do To Help Prevent Eating Disorders

1. Consider your thoughts, attitudes, and behaviors toward your own body and the way that these beliefs have been shaped by the forces of weightism and sexism. Make an effort to maintain positive, healthy attitudes and behaviors. Children learn from the things you say and do!
2. Examine closely your dreams and goals for your children and other loved ones. Are your over-emphasizing beauty and body shape, especially for girls?
3. Learn about and discuss with your sons and daughters (a) the dangers of trying to alter one’s body shape through dieting, (b) the value of moderate exercise for health, and (c) the importance of eating a variety of foods in well-balanced meals consumed at least 3 times a day.
4. Make a commitment not to avoid activities simply because they call attention to your weight and shape. Refuse to wear clothes that are uncomfortable or that you don’t like but wear simply because they divert attention from your weight or shape.
5. Make a commitment to exercise for the joy of feeling your body move and grow stronger, not to purge fat from your body or to compensate for calories eaten.

--Adapted from Michael Levine, PhD and the National Eating Disorders Association website (www.NationalEatingDisorders.org)

How to Have a Binge Free Thanksgiving

1. **Reclaim and Reframe the meaning of the holiday.** Put the thanks back in Thanksgiving. The purpose of a ritual is to symbolically share an important event or relationship. Eating is only one of Thanksgiving’s rituals.
2. **Think of a plan.** Decide what you want out of the holiday, what purpose food will play in your giving thanks, and how you will handle typical food challenges. Set reasonable goals and choose events and time with others which will feel rewarding and enriching. Think about how you can anticipate problems and achieve your health goals. Prior to Thanksgiving, visualize yourself being relaxed and spending quality time with important people in your life.
3. **Allow yourself support and accountability.** With whom can you tell and share your goals? Consider attending some support groups such as ANAD (Anorexia Nervosa and Associated Disorders) or Overeaters Anonymous.
4. **Contain your eating.** Set some rules about when, where, and how you will eat (e.g., three meals and ___ snacks, stop eating at 7:30 pm, eat ___ plates of appetizers, eat slowly, tasting every bite). Keep a food diary as well as a journal of your thoughts. Use affirmations and check in with your support system.
5. **Relax.** Breathe. Walk. Pray. Laugh. Give yourself a holiday for which you can be thankful.

--Adapted from Rick Kilmer’s, Ph.D. hand-out “Have a Binge-Free Thanksgiving”