

Community Connections

An in-house newsletter

Toolbox: 10 "Will-Powers" for Improving Body Image

1. Twice a day, every day, I will ask myself: what do I really gain from preoccupation with what I believe are defects in my weight and shape?
2. I will think of 3 reasons why my assumption that people with certain body shapes are happier and "better" is ridiculous. I will repeat these to myself whenever I feel the urge to compare my body shape with that of another person.
3. I will spend less and less time in front of mirrors of any type. All they do is make me feel uncomfortably self-conscious.
4. I will move my body for the joy of feeling my body move and function effectively, not to purge fat from my body or compensate for calories eaten.
5. I will not avoid activities I enjoy, even if they call attention to my weight & shape. I will constantly remind myself that I deserve to do things I enjoy no matter what my shape!
6. I will refuse to wear clothes that are uncomfortable or that I dislike, simply because they divert attention from my body.
7. On my own, or with the help of loved ones, I will list 5 to 10 good qualities I have, such as empathy, intelligence, or creativity. I will repeat these to myself whenever I start to put myself down.
8. I will practice taking people in general, and women in particular, seriously for what they say, feel, and do, not for how slender, or "well put together" they appear.
9. I will develop activities and relationships that enrich my self-concept, thereby making it less likely that my self-esteem will revolve around feelings about my appearance.
10. I will give my body what it really needs, including healthy foods, sensual and active activities, and relaxation, and then my body will respond by treating me better.

CALENDAR OF EVENTS:

LOVE YOUR BODY WEEK is fast approaching! This is a week-long series of events to address body acceptance and healthy eating.

Please feel free to pick up a brochure/schedule of events for **LOVE YOUR BODY WEEK** in the reception area or check out www.edin-ga.org.

As part of the week, ACE is having a workshop from 1-2:30 on Saturday, February 23rd titled "Managing the Food Police." All are welcome and its FREE.

5 Ways to LOVE Your Body!

1. Become aware of what your body can do each day. Rememebr it is the instrument of your life, not just an ornament.
2. Choose to find beauty in the world and in yourself.
3. Think about things you could accomplish with the time and energy you currently spend worrying about your body and appearace. Try one!
4. Every morning when you wake up, thank your body for resting and rejuvenating itself so you can enjoy the day.
5. Count your blessings, not your faults.

Kitchen Pantry

Fat

Why do we need it?

- ❑ Fat is an important ENERGY SOURCE and helps maintain our IMMUNE SYSTEM
- ❑ It helps manufacture HORMONES like estrogen and thyroid
- ❑ It is necessary for CELL GROWTH
- ❑ It helps us feel full and it ADDS ENJOYMENT to foods

What are some sources of fat that we can add to our meals to help our bodies?

- ❑ Peanut butter and other nut butters
- ❑ Vegetable oils including olive, safflower, peanut, corn and canola
- ❑ Cheese, avocados, olives, legumes, nuts and seeds
- ❑ Mayonnaise, margarine, butter, sour cream & salad dressings
- ❑ Ice cream, cookies, candy bars, muffins, donuts, chips, crackers & croutons

Gentle Reminder:

Please remember to clean up after yourselves in both the kitchen and group room. Help us make ACE a comfortable environment for everyone!

"Worry does not empty tomorrow of its sorrow. It empties today of its strength."

-Corrie Ten Boom

The Truth, The Whole Truth, And Nothing But The Truth

1. **TRUE:** An ED can give a false sense of control. **EVEN TRUER:** Experiencing vulnerability and trust in a safe relationship is a beginning step towards healing.
2. **TRUE:** EDs are a false form of communication about pain and suffering. **EVEN TRUER:** Healing comes out of directness and honesty in relationships with ourselves and with others.
3. **TRUE:** An ED can give a false sense of being the exception or the exceptional. **EVEN TRUER:** Healing can start when there are no special rules or requirements for us that are different from other people.
4. **TRUE:** An ED can be a false crusade for evidence and proof against our "selves." **EVEN TRUER:** The illness is not who we are, nor is it evidence that we are bad, unacceptable, and deserving of punishment. Healing begins when we separate who we are from what we do.
5. **TRUE:** An ED can be a false pursuit of perfection. **EVEN TRUER:** Perfection and self-control over our bodies do not make up for perceived inadequacies and failures. Healing comes when we learn that it is okay to make mistakes, and that through mistakes and the learning process, the journey becomes a positive one, not a negative one.
6. **TRUE:** An ED can be a false form of comfort and safety. **EVEN TRUER:** True safety and comfort come from relationships that are loving and accepting, and from knowing we are not alone in life's hardships.
7. **TRUE:** An ED can give a false identity and perception of self. **EVEN TRUER:** Believing that others can unconditionally accept all of us, with our strengths and weaknesses, is a step towards healing.
8. **TRUE:** An ED can be false compensation for the past. **EVEN TRUER:** Abusing our bodies cannot "make up" for things we have done or that were done to us. Instead, allowing ourselves to let go of things we can't change is a step towards healing.
9. **TRUE:** An ED can be a false attempt to avoid responsibility for life. **EVEN TRUER:** Healing comes when we take ownership of our lives, face life directly and without blame, begin to make choices and see options beyond our eating disorder, and learn to ask for help.
10. **TRUE:** An ED can be a false pursuit of approval. **EVEN TRUER:** Healing comes with inner approval. Love, not approval, is a change agent—self-love is the key to healing.