



ATLANTA CENTER FOR EATING DISORDERS

Year of the Ox



January 2009

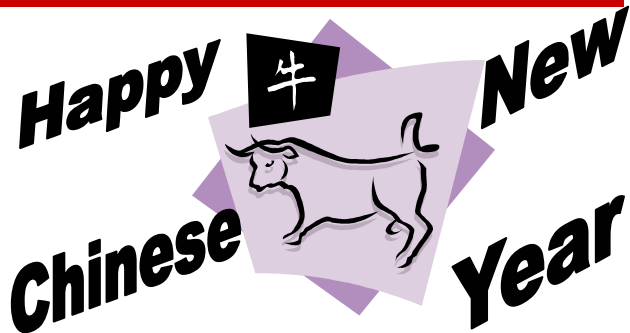
Making Peace With Your Body and Yourself

- 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-bigotry 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.

Don't let life discourage you: everyone who got where he is had to begin where he was.

-Richard L. Evans



Toolbox

Self-soothing activities:

- Buy a flower
- Light a scented candle or boil cinnamon and allspice in water
- Sing your favorite song
- Pet your pet
- Get a massage, manicure or pedicure

Family Support Group Now Monday Night!!!

The Family Support Group is Free and Ongoing. It is a great resource available to any family member or support people who have a loved one in treatment here at ACE. It is held every Monday night from 6:45 to 8:15pm. Sign up through your family therapist or contact the front desk at (770) 458-8711 x0.

Housekeeping

We appreciate your help in keeping ACE clean and comfortable for all.

Please remember to:

- Throw away leftover food
- Wipe off counters, placemats, tables and microwaves
- Put dirty dishes in the dishwasher unless the dishwasher is full
- Please do not overstack the dishwasher.
- Start the dishwasher after meal group
- Clean up the group room after session



The Brain Game

Summarized by Karen Macke MA, LPC

1. **Change happens only when we are in the mood.** We have to want to change.
2. **When I am attentive the brain turns on and when not it is off.** It is important to be mindful to help create change.
3. **Neurons that fire together, wire together.** When we learn something new or do something new and we do it right a few times, we automatically save it in our brain and can continue to build on it.
4. **Initial changes are temporary.** It has to become important. We have to do it over and over again to make it permanent.
5. **Due to the plasticity of the brain we can learn and change but also challenge other information coming in.** This is how we can change a phobic reaction. We acknowledge that it is not real. This is just the brain talking – labeling it. This is useful w/OCD.
6. **Memory is Crucial for Learning.** Every step we learn needs to be remembered to be successful again.
7. **Motivation is important.** We will keep trying if we can not stand the consequences of not being able to be successful. The brain is asking for passion and excitement to work through challenges. This is part of the motivation.

New Mental Health Parity Law!

The law becomes effective on January 1st, 2010. Under this new law, people will have the right to non-discriminatory mental health coverage.

What this means for you is that if you have mental health coverage, you'll have the same coverage for mental health needs as for medical needs.

More information go to

http://www.apapractice.org/apo/in_the_news/parity_summary.html#

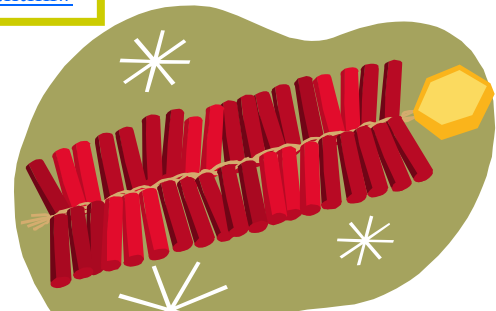
Saturday Groups Available!

Saturday Groups are a great option for those that work or attend school during the week.

Talk to your individual therapist about adding this day to your schedule

Now OPEN! ACE House: A Therapeutic Bed and Breakfast.

The residence, located less than a block from our main facility in Dunwoody, will be available for participants in the ACE program who do not have local accommodations. Please contact your individual therapist for more info.



**For previous newsletters, please visit
<http://www.eatingdisorders.cc>**