



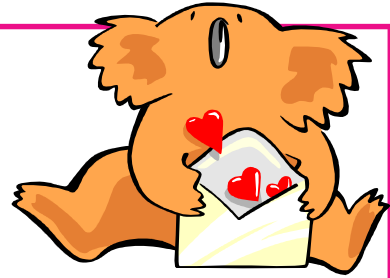
# ATLANTA CENTER FOR EATING DISORDERS

## February 2009

### Twenty Ways to Love Your Body!

Think of your body as the vehicle to your dreams. Honor it. Respect it. Fuel it.

1. Your body is extraordinary--begin to respect and appreciate it.
2. Create a list of all the things your body lets you do. Read it and add to it often.
3. Become aware of what your body can do each day. Remember it is the instrument of your life, not just an ornament.
4. Create a list of people you admire: people who have contributed to your life, your community, or the world. Consider whether their appearance was important to their success and accomplishments.
5. Walk with your head held high, supported by pride and confidence in yourself as a person.
6. Don't let your weight or shape keep you from activities that you enjoy.
7. Wear comfortable clothes that you like and that feel good to your body.
8. Count your blessings, not your blemishes.
9. Think about all the things you could accomplish with the time and energy you currently spend worrying about your body and appearance. Try one!
10. Be your body's friend and supporter, not its enemy.
11. Consider this: your skin replaces itself once a month, your stomach lining every five days, your liver every six weeks, and your skeleton every three months.
12. Every morning when you wake up, thank your body for resting and rejuvenating itself so you can enjoy the day.
13. Every evening when you go to bed, tell your body how much you appreciate what it has allowed you to do throughout the day.
14. Find a method of exercise that you enjoy and do it regularly. Don't exercise to lose weight or to fight your body. Do it to make your body healthy and strong and because it makes you feel good.
15. Think back to a time in your life when you felt good about your body. Tell yourself you can feel like that again, even in this body at this age.
16. Keep a list of 10 positive things about yourself--without mentioning your appearance. Add to it!
17. Put a sign on each of your mirrors saying, "I'm beautiful inside and out."
18. Choose to find the beauty in the world and in yourself.
19. Start saying to yourself, "Life is too short to waste my time hating my body this way."
20. Eat when you are hungry. Rest when you are tired. Surround yourself with people that remind you of your inner strength and beauty.



—Compiled by Margo Maine, PhD from [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

**"If you can drive yourself crazy....you can drive yourself happy."**

— Karen Salmansohn, from her book *The Bounce Back Book: How to Thrive in the face of Adversity, Setbacks and Losses*



#### **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.



## RESEARCH PARTICIPANTS NEEDED!!

### Eating Disorders in the Family

Tara Milton and Robin Casey, doctoral students and former practicum students at ACE, are working on a study that asks about eating disorders and the family. They are asking ACE patients to help gather information.

Women are invited to participate if you:

- Are at least age 18 or older; or 15 and older with consent from parent or legal guardian
- Have been diagnosed with an Eating Disorder;
- Are currently in counseling;
- Can read at a 6<sup>th</sup> grade level; AND
- Are willing to spend approximately 30 minutes completing questionnaires

If you are interested in participating, please talk about this with your individual or group therapist. You will be given a packet of questionnaires, or you may pick one up at the front desk. Please do your best to have your completed packet returned to the front desk within 24 hours.

You may choose to have your individual results returned to you. Please discuss this with your therapist.

Thank you for taking time to consider being involved in this project. Your efforts will be used to help therapists understand more about how families impact eating disorders and how eating disorders affect families. Additionally, the results of the questionnaires can benefit you directly by allowing your individual, group, and/or family therapists to better understand the dynamics of your family in a way that may help guide your progress in therapy.

**FEBRUARY IS  
LOVE YOUR BODY MONTH**  
**EDIN (Eating Disorders Information Network)** has a series of vigils, workshops, volunteer opportunities, meetings and shopping events planned throughout the month.  
For more info go to <http://www.myedin.org/>

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

February 22-28 is  
**National Eating Disorder Week.**  
For More Info go to <http://www.nationaleatingdisorders.org/>

### Family Support Group Now Monday Night!!!

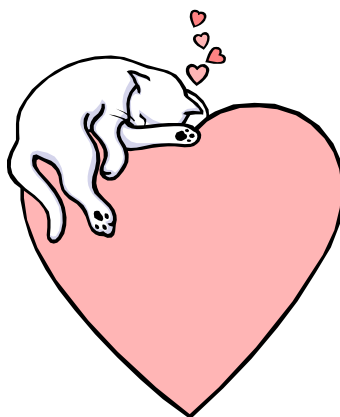
The Family Support Group is Free and Ongoing. It is a great resource available to any family member or support people who have a loved one in treatment here at ACE. It is held every Monday night from 6:45 to 8:15pm. Sign up through your family therapist or contact the front desk at (770) 458-8711 x0.

## Affirmations

Recovery may seem hard, but isn't the alternative worse?

Although I am working hard on recovering, I can also have fun.

Today I will take every chance to participate in life, not control it.



Each person I encounter today can show me a piece of myself. Today I will take a long good look at the good things in my life.

Today I will dare to follow a creative inner prompting even if I feel some anxiety.

Doing my best is success.