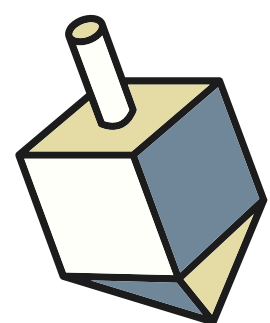




# Holiday Body Image & Self-Esteem

BODY IMAGE IS A LIFELONG JOURNEY. AS IF IT ISN'T HARD ENOUGH ALREADY BEING BOMBARDED BY UNREALISTIC BEAUTY STANDARDS EVERY DAY OF OUR LIVES, WE'VE NOW ENTERED THE SEASON OF HOLIDAY PARTIES, FAMILY REUNIONS & OF COURSE, AMAZING TASTING FOOD. IT'S IMPORTANT TO HAVE COPING MECHANISMS IN PLACE BEFORE A TRIGGER HAPPENS.



## Part Two

*\*FULL DISCLOSURE\** THESE ARE MY OWN TIPS & PRACTICES. IF NEGATIVE BODY IMAGE IS IMPACTING YOUR ABILITY TO THRIVE, PLEASE KNOW IT'S OKAY TO SEEK PROFESSIONAL HELP.

### Know Your Triggers

IF IT'S WHEN A FAMILY MEMBER COMMENTS ON YOUR BODY, COME AT IT FROM THE PERSPECTIVE THAT THIS PERSON MAY BE VERY ILL INFORMED ABOUT HOW THEIR COMMENTS AFFECT SOMEONE. IN THEIR GENERATION, BODY TALK MAY HAVE BEEN AN ICE BREAKER OR VERY NORMALIZED CONVERSATION. TAKING THIS PERSPECTIVE CAN HELP YOU FEEL LESS 'UNDER ATTACK' & CAN HELP YOU TAKE THE COMMENT WITH A GRAIN OF SALT.

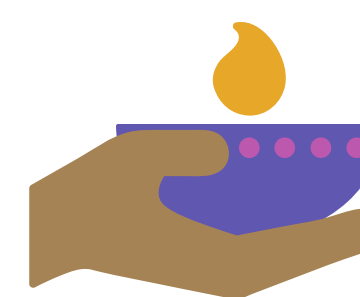


### Set Boundaries & Have a Plan

WALK AWAY FROM THE CONVERSATION, HAVE SOMEONE READY TO TALK TO (VIA TEXT OR SOMEONE WITH YOU) OR HAVE PIVOT CONVERSATION STARTER PREPARED TO BRING UP.

### Do What Gives You Warm Fuzzies

THINK ABOUT WHAT YOU REALLY LOVE TO DO OVER THE HOLIDAYS. IS IT CONSUMING THE DELICIOUS FOOD? IS IT SPENDING TIME WITH PEOPLE YOU RARELY SEE? IS IT LAYING ON THE COUCH WATCHING WHATEVER YOU PLEASE? WHATEVER IT IS THAT MAKES YOU FEEL THE WARM FUZZIES - DO THAT & DO IT FOR YOURSELF! DOING WHAT FULFILLS US CAN HELP BUILD POSITIVE BODY IMAGE. MAKE THIS HOLIDAY SEASON ABOUT DOING YOU & MAKE SURE YOU PARTICIPATE IN YOUR OWN SELF CARE.



### One Week Does Not Define You

REMEMBER, YOUR WORTH DOES NOT COME FROM WHAT OTHERS THINK, SAY OR MAKE YOU FEEL ABOUT YOURSELF. EVERYONE & EVERYBODY IS WORTHY, SIMPLY BECAUSE THEY EXIST!

