



Holiday Body Image & Self-Esteem

HOLIDAYS CAN INCREASE OUR EMOTIONS, SOME OF WHICH CAN AFFECT OUR MENTAL HEALTH & CONNECTIONS WITH OUR SELF-ESTEEM & BODY IMAGE. HERE ARE SOME TIPS ON WHAT TO AVOID DISCUSSING & HOW TO ENGAGE TO MAKE THE HOLIDAYS EASIER FOR EVERYONE!



Part One

INSTEAD OF COMMENTING ON SOMEONE'S BODY - ASK THEM HOW THEY'RE FEELING.

INSTEAD OF COMMENTING ON WHAT SOMEONE'S PLATE - SAVOUR THE FOOD ON YOURS.

REFRAIN FROM USING THE WORD 'DIET' OR 'DIETING' AS IT CAN TRIGGER THOSE STRUGGLING WITH DISORDERED EATING OR NEGATIVE BODY IMAGE. DO GIVE GRATITUDE FOR THE MEAL PREPARED AND IT FUELING YOUR BODY.

INSTEAD OF ASKING WHEN SOMEONE IS GOING TO HAVE KIDS, GET MARRIED, FIND A PARTNER, ETC. - CHERISH THE PEOPLE YOU'RE WITH IN THAT MOMENT.

INSTEAD OF GOSSIPING ABOUT WHAT SOMEONE IS WEARING, EATING, DOING OR LOOKING LIKE, ASK THE PEOPLE YOU'RE WITH WHAT THEIR GOALS ARE FOR THE NEXT YEAR!

AVOID TALKING ABOUT PARTS OF YOUR BODY YOU'RE UNHAPPY WITH (ESPECIALLY AROUND CHILDREN), YOU HAVE MUCH MORE TO OFFER THE WORLD THAN WHAT'S HOUSING YOUR ORGANS. DO TALK ABOUT THE INCREDIBLE THINGS YOUR BODY ALLOWED YOU TO DO AND EXPERIENCE. OUR BODIES ARE VEHICLES TO LIVE OUR LIVES - NOT FOR OTHERS TO LOOK AT OR JUDGE.

AVOID TALKING ABOUT EXERCISING OR RESTRICTING YOURSELF TO 'MAKE UP' FOR WHAT YOU ATE OVER THE HOLIDAYS. YOU DO NOT HAVE TO EARN YOUR FOOD.

INSTEAD OF ASSOCIATING NEGATIVE LANGUAGE TOWARDS FOOD (ESPECIALLY AROUND CHILDREN) EXAMPLE, "I CAN'T EAT THAT, IT'LL GO RIGHT TO MY HIPS," REPHRASE TO "I'D LOVE TO HAVE A PIECE, BUT I AM GOING TO GO WITH A DIFFERENT OPTION." THIS MAY SOUND SILLY WHEN YOU FIRST THINK ABOUT IT - BUT THIS SIMPLE REPHRASE CAN HAVE AN IMMENSE IMPACT ON THE DEVELOPMENT OF A CHILD'S BODY IMAGE & RELATIONSHIP WITH FOOD. IT CAN ALSO KEEP TRIGGERS FOR OTHERS AT BAY.

IF YOU WOULDN'T WANT THE COMMENT DIRECTED TO YOU, DON'T DIRECT IT TO OTHERS.

EVEN IF THE COMMENTS ARE COMING FROM A PLACE OF LOVE AND CONCERN, IF IT'S NOT YOUR BODY, YOUR PLATE OR YOUR LIFE - LET'S KEEP UNSOLICITED COMMENTS (ESPECIALLY SHAMING ONES IN GROUP SETTINGS) OUT OF THIS HOLIDAY SEASON! PLEASE BE KIND TO YOURSELF. NOTHING YOU'VE SAID IN THE PAST HAS "RUINED" SOMEONE'S BODY IMAGE. YOU ARE HUMAN. THERE IS ALWAYS TIME TO BEGIN AGAIN.

IF YOU ARE GENUINELY CONCERNED FOR SOMEONE'S WELLBEING, PLEASE TALK TO THEM PRIVATELY OR CONSULT A MENTAL HEALTH PROFESSIONAL.

