



E-BOOK!

BODY IMAGE BATTLE ARMOR

Holiday Edition

by Leah Orleans

Ah, the Holidays

A time for joy and cheer. Cookies, mixed drinks, and warm chats around the fire. Joy, bliss, and no worries, right? ... not for everyone

So many people (including myself) struggle SPECIFICALLY with body image over the holidays. It can be a very triggering time, so I've made it my mission to attack these triggers head on- and with grace.

How to use this E-book

This book is meant to give you the "Battle Armor" needed to combat the negative thoughts in your head.

Piece by piece, take what you find useful. Copy the quotes down onto post-it notes, journals, or even print out pages and post them on your wall!

You may not resonate with everything, and that's okay.

Let the words inspire you & float through the back of your mind as you go about the next few weeks.

REMEMBER:

Your body is your

greatest tool. It will

work hard to keep you

alive. It deserves love

✦ and gentleness.

WHERE DOES MY BODY IMAGE COME FROM?

Part of deconstructing unhealthy patterns is recognizing where our self-talk comes from. Everyone is different, and there are no wrong answers.

Answer these questions for yourself:

When was the first interaction you remember when your body was criticized?

What do you say to yourself when you put on clothing that doesn't fit correctly?

What does comparing yourself to others look like? When is it helpful?

Who do you listen to when you feel strong powerful and capable? Yourself? A mentor? Friend?

What does it feel like to be complimented by a loved one?

COMPARISON

It's important to be informed by others,
but not defined.

When you are observing someone else's
work, what language do you use?

Do you find yourself considering how
much better/worse someone is compared
to YOU?

I find that when we look at another's work
through the lens of our own, we are
setting a trap for ourself.

Setting ourselves up for success during
the holiday season is ESSENTIAL.

The next few pages will give you
ACTION STEPS to help make that happen

YOU VS. YOUR CLOSET:

Do's and Don'ts While Getting Dressed for Holiday Events

Do:

Lay out all items that make you smile

Accessorize with jewelry given to you by loved ones

Donate, throw out, or sell clothing that doesn't serve you

Try something new, or a combo that you've never worn before

Don't:

Nit pick each item for why it doesn't fit

Try on an old outfit that isn't flattering just because it has sentimental value

Wear uncomfortable shoes

Allow negative self talk to stop you from trying something new

SET YOURSELF UP FOR HOLIDAY MEAL SUCCESS

One of the best ways to avoid low self-esteem and body image issues during holiday dinner is to encourage conversation and connection. This can be done by asking everyone to share something positive that happened to them over the past year. Listen to their growth and give encouraging feedback.

Once you're seated at the table, make an effort to focus on enjoying the company of those around you and the food that you're eating. Engage in conversation, savor the flavors of your favorite dishes, take time to smell each dish, and slow down eating. This will help you to relax and appreciate the moment, rather than worrying about how you look or what you're eating.

One of the worst things you can do after a holiday dinner is punish yourself for what you've eaten. This can lead to feelings of guilt and shame, which will only make your self-esteem worse. Instead of beating yourself up, focus on making healthier choices going forward. Remember that one meal does not define who you are or how worthy you are of love and respect



MINDSET SHIFTS

Self- critique



Nit-picking at
clothing



Counting calories



Radical Self
Acceptance



Abundance Mindset



Taking pride in my
growth and process



REMEMBER:

You're frickin

cute.



7 MANTRAS FOR HOLIDAY GATHERINGS

1. I am more than my body.
2. What is on the table is here for me to enjoy.
3. My growth this year stems from my mind, not my waistline.
4. No one else has power over my actions thoughts or feelings. I own my truth.
5. Things that taste good, are good.
6. I have gratitude for the privilege of being able to sit at a feast.
7. My body is my home and I will build it up, and not tear it down.

HOW TO RESPOND:

What to say to negative comments:

Are you really going to eat all of that?



My portion sizes are something that I have control over, I trust that I will eat when I'm hungry and stop when I'm full.

You look different then the last time I saw you



Thanks, I've changed a lot and I've learned - (Insert a wonderful thing you've learned this year)

So you gonna go for a run tomorrow to work all this food off?



I'm going to focus the time we have together around the table today. That's whats important to me right now.

((Something really super shitty that's insulting and rude))



I know you care about my health, but when you say negative stuff like that it really just makes me feel bad about myself, I'm going to sit this one out.

THE MORE/LESS LIST

So much more effective than making
New Year's resolutions

When I started making More/Less lists, my life changed. Instead of trying to hold yourself to a resolution on January 1st, jot down what you would like MORE of in the new year and what you would like LESS of. This helps you put into perspective what is important and repeatable, and what no longer serves you. This is my list for the new year, grab a piece of paper and make your own!

MORE

Sleep!!!!!! Get to bed earlier!!!

Outdoor walks/
rollerblade time

High quality
clothing choices

Daily movement

Working out with
friends

LESS

Over-scheduling
my days

Nit-picking at my
body

Following
triggering
social media

Radical Self
Acceptance

If you are looking for more resources, and need more help, the National Eating Disorder Association, Eating Recovery Center, the Health at Every Size websites are good places to start; some offer fact sheets to share with family and friends.

But if trying to educate only fuels anxiety, don't feel like you have to go there, the most important thing, is self-protection."



Thank you so much
for reading, I hope you found
this e-book helpful.
Keep an eye out in your
email for more freebies,
webinars and bonus content!

Thoughts? Feedback?
Cat Memes?

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