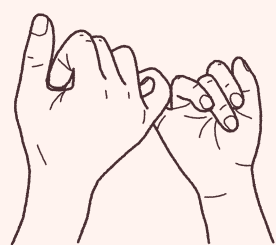


Making peace with your body



Ditch dieting

Improving your relationship with your body requires adequate nourishment.

This means no dieting, deprivation and restriction. Other than the fact that dieting does not work, it also increases preoccupation with food, weight and eating, disconnects you from your body and leads to disordered eating.



Honour your signals

Diet culture, messages around food/appearance, and external rules about what to do/not to do lead to a disconnect from the body. Making peace with your body can require tuning into it, listening to the body's signals (where possible) and over time learning to honour and respond to what your body needs - your body is wise.



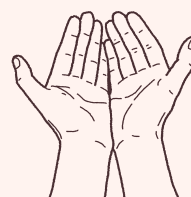
Use neutral language

Language surrounding food, eating, weight, appearance and body image is often loaded with diet culture undertones, criticism, judgement, shame, stigma, negativity, ableism, rules, unhelpful labels and expectations. It can be helpful to actively notice, acknowledge and move toward using neutral language and descriptors and encourage others to do the same- both internally (own thoughts) and with and from others (communication/assertiveness).



Focus on function

Making peace with your body requires work on body acceptance. The drive to change your body will dissipate over time. In building body acceptance, it can be helpful to focus on bodily function - that is, appreciating and noting what your body allows you to do and how this connects to what is important to you, rather than what it looks like.



Practice compassion

Self-compassion has been shown to be incredibly helpful in creating change. The way in which we speak to ourselves matters. Peace with your body comes with learning to both speak to yourself compassionately (like you would a friend) but also treat yourself with compassion (taking care of your body, mind and soul).



Do what feels good

Whether it be food, movement or a sense of self, it is incredibly liberating and helpful to engage in activities that feel good to you. Embracing and embodying experiences that feel good and bring joy over time helps to promote greater acceptance of self and body. The relationship to the body is multi-layered. It requires leaning inwards (not looking outwards) to learn about what you need, what feels good and how to keep meeting your own needs.