

# the sociEATy

## **stage 1: break free from diet culture**

### **video 2 workbook**

use this workbook to help you implement the teachings from this video

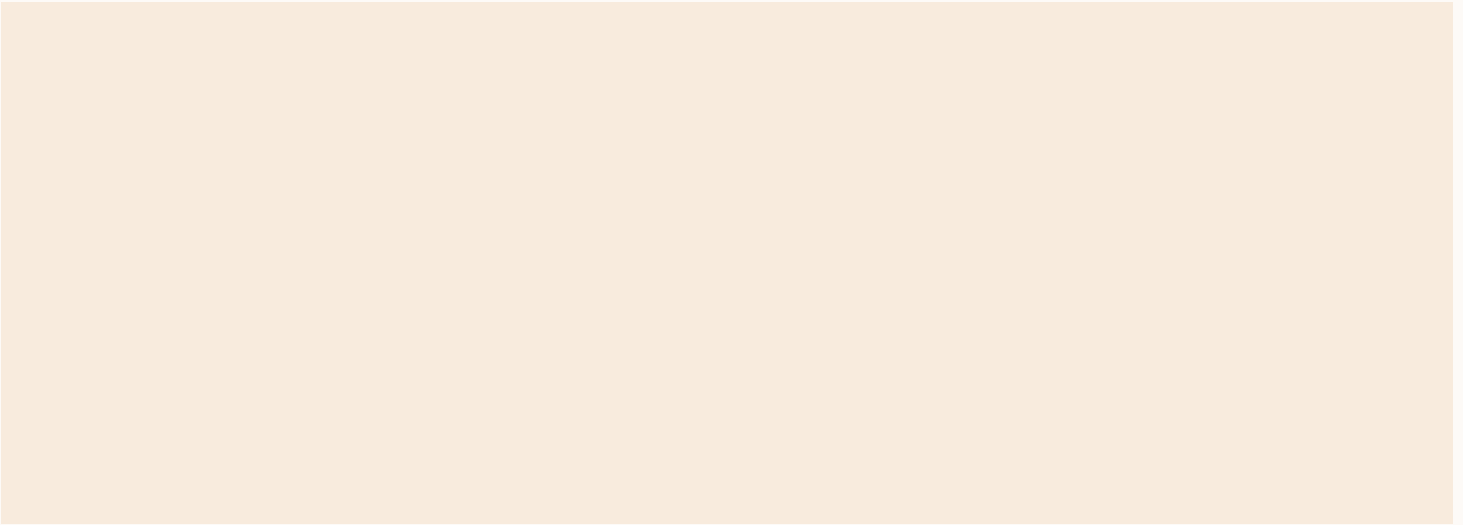
Brought to you by Registered Dietitian, Intuitive Eating Counselor, and your diet-ditching gal pal behind @no.food.rules on Insta, Colleen Christensen!

**no food rules.**

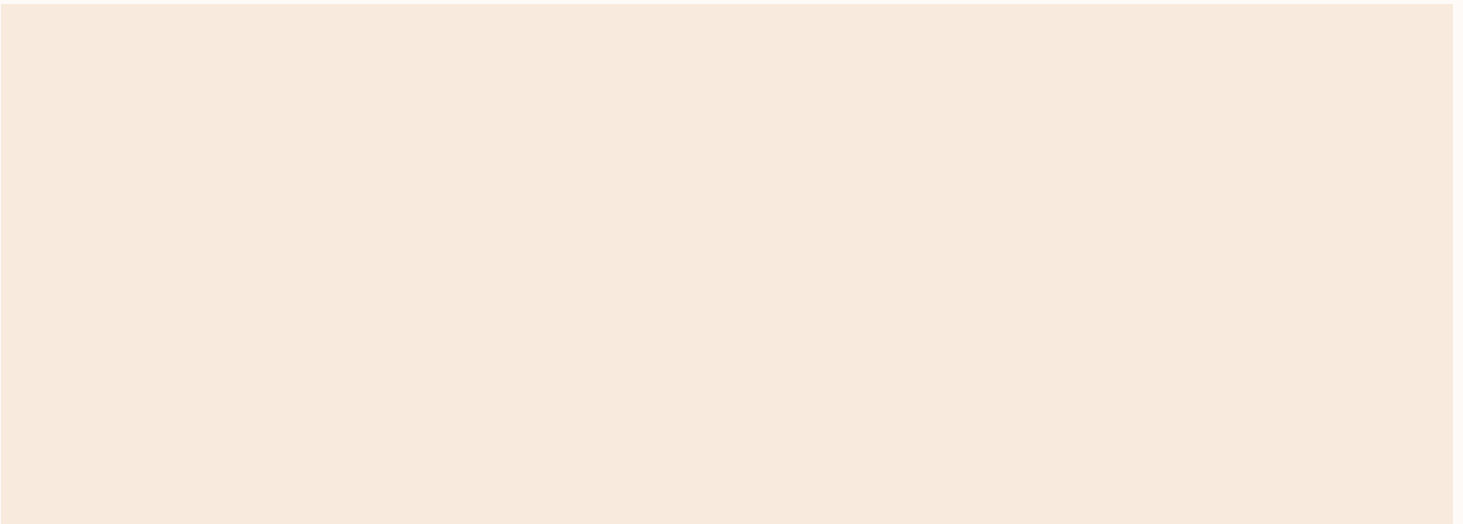
# weight beliefs & biases

Take a moment to reflect on your own internal biases and beliefs about weight and those in larger bodies. Based on what you learned in this video, evaluate if those things are true or if they've been falsely taught to you by diet culture.

**My beliefs about weight include...**



**The reality of these thoughts are,,**



# habit/action reflection

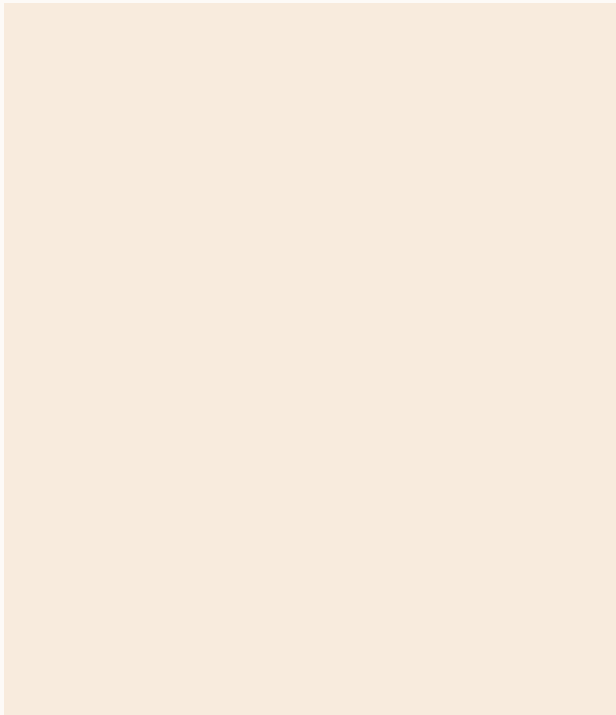
The "goal" of intuitive eating is not to manipulate your weight but to allow your weight to settle where it wants to and where it feels it's best. This is called your "set point weight".

When you've reached your set point weight your weight will stabilize, within a range. You'll be listening to your hunger, fullness, and satisfaction as well as using your body in a way that feels good to you and you are able. These things are easy and don't take up tons of brain space when you are at your set point weight.

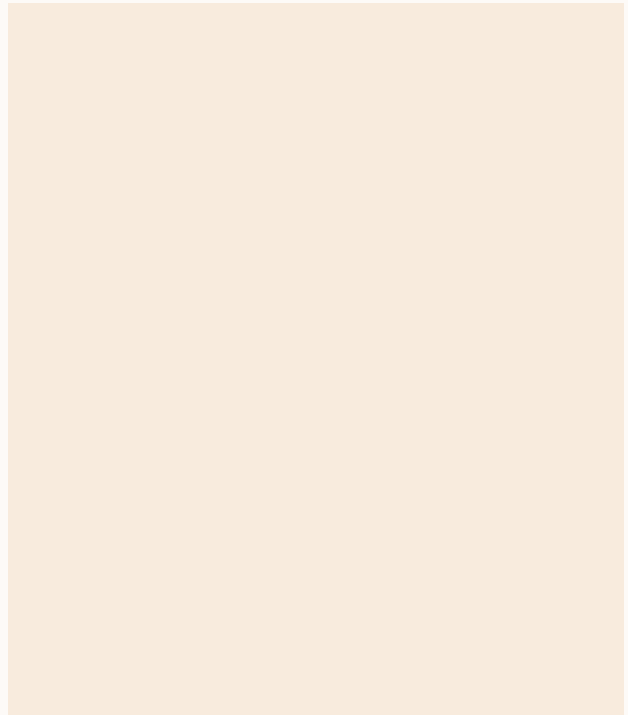
Take a moment to reflect on these things: the way you're fueling your body and moving your body. What feels good and what doesn't? Begin to bring this into awareness as you go throughout these videos and do this non-diet work.

This is not meant to cause shame or anxiety. It's simply a chance for us to reflect and practice listening to what signals our bodies are giving us.

**Current actions/habits  
that make me feel good:**



**Current actions/habits that  
don't make me feel good:**



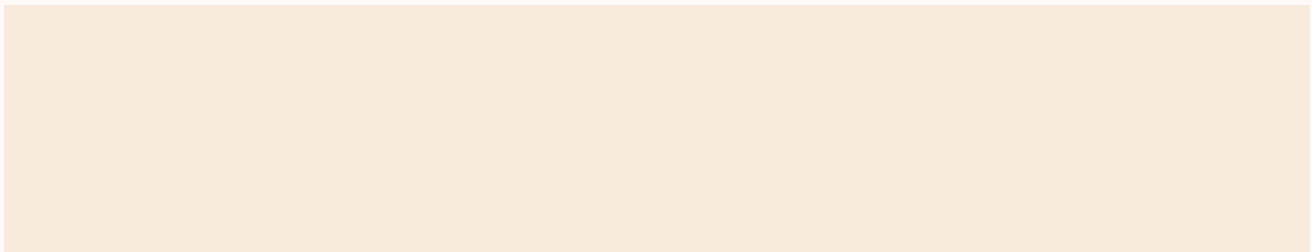
# 5 principles of HAES

Health At Every Size (HAES) is a weight-neutral approach to health, shifting away from the previous weight-focused ideals. The HAES movement promotes the respect and acceptance of diversity in one's shape and size, knowing that health is not determined by our body size/shape. There is no specific number that can accurately measure health for all of us.

Take a moment to review the 5 principles of HAES and reflect on how each one does or does not show up in your life. Then, brainstorm ways in which you can further your knowledge and/or live in alignment with each principle.

1. **Weight Inclusivity:** Accepting differences and diversity in body shapes
2. **Health Enhancement:** Paying attention to one's physical, mental, spiritual, and economic health
3. **Respectful Care:** Advocating for weight inclusivity and fighting stigmas
4. **Eating for Well Being:** Becoming an intuitive eater by getting rid of diet culture food rules
5. **Life-Enhancing Movement:** Becoming involved in forms of movement and exercise that makes one feel good

**The principles that do/do not show up in my life are...**



**Principles that I can work on are...**

