

the sociEATy

stage 2: ending the war with your body

video 1 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.

social media detox

Take a moment right now to open up your social media and unfollow or mute 10 or more diet-y accounts that make you feel negatively about your body. This does not have to mean you're cutting this person out of your life. This does not even mean the person is doing anything wrong. What matters is it's content that isn't serving you, perpetuating comparison and the diet mindset, and it's time to get rid of it.



Unfollow 10+ accounts that trigger you into negative body image

Now, follow 10 or more accounts of varying body sizes, abilities, colors, etc. This is a way to re-wire your brain away from the stereotypical thin ideals.

Follow 10+ accounts to add body diversity to your social media

CHECKOUT
THESE
ACCOUNTS

INSTAGRAM

[@beauty_redefined](#) [@thebirdspapaya](#)
[@fierce.fatty](#) [@ashleygraham](#)
[@jaimmykoroma](#) [@brookepaintain](#)
[@thebecomeproject](#) [@bodyimagewithbri](#)
[@laceyjadechristie](#)
[@curvyinvienna](#)
[@maggielandesmd](#)
[@taraynruly](#)

TIKTOK

[@brittanilancaster](#)
[@itsmaryfran](#)
[@bonniewyrick](#)
[@shelbysaywhatblog](#)
[@nicolemarsh7](#)
[@the.livelyliz](#)
[@curvystyle_kristy](#)
[@thebaileyp](#)
[@katieiswinnen](#)
[@curvescurlsandclothes](#)

identifying self objectification

Self-objectification is a concept discussed by Drs Lindsay & Lexie Kite in their book "More Than A Body" (which I highly recommend reading!). Self-objectification is the invisible prison of picturing yourself being looked at instead of just fully living. It means viewing yourself as an object, a thing, something to be consumed and evaluated versus a living being.

Take a moment to reflect on how much of your life you actually spend living as a human being and how much of it you spend focusing on how others perceive you living your life.

How does self-objectification show up in your life?

When you notice this happening, what can you do to pull yourself out of objectification and back into living?

Examples: mantras, affirmations, journaling, asking "what would my 99 year old self say to me?"

how we've learned self objectification

Self-objectification is taught to us from a young age. It's time to un-learn this and re-learn how to live as a human being, not an ornament. Try thinking back to your earliest memory of when you first became aware of your body as an object and how that changed the way you lived and the way you viewed your body. This could be a comment from someone else, even if it was seemingly innocent, or maybe it was something more abrupt and hurtful. This isn't meant to stir up bad feelings, it's meant for us to start unpacking the ways we have learned to self-objectify.

My earliest memory of self-objectification is....

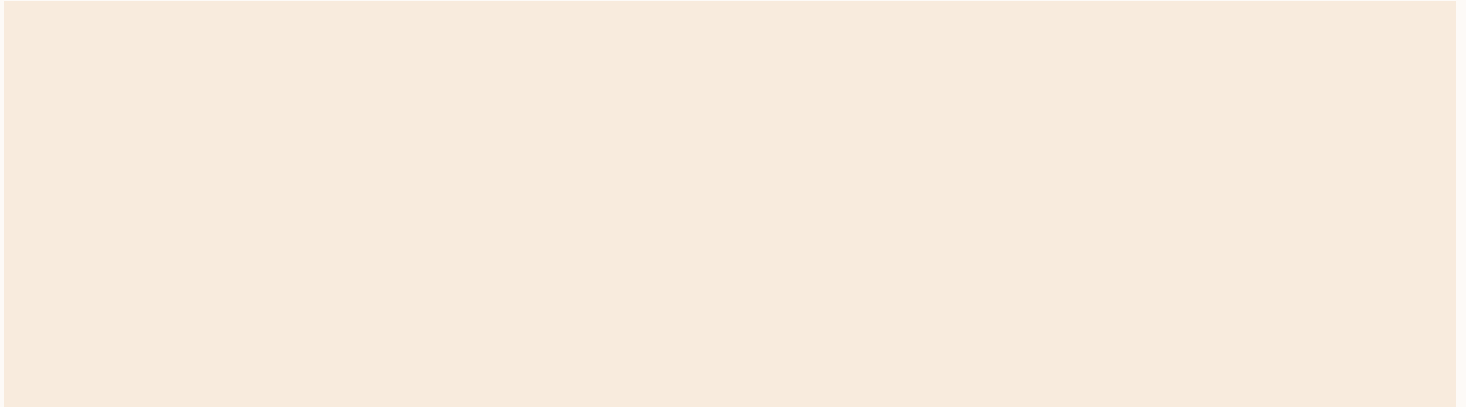
How has this experience impacted the way you have lived your life?

Now, take a moment to think of what you'd say to your younger self as this experience was happening. As you do this, try to extend that same advice to your current day self.

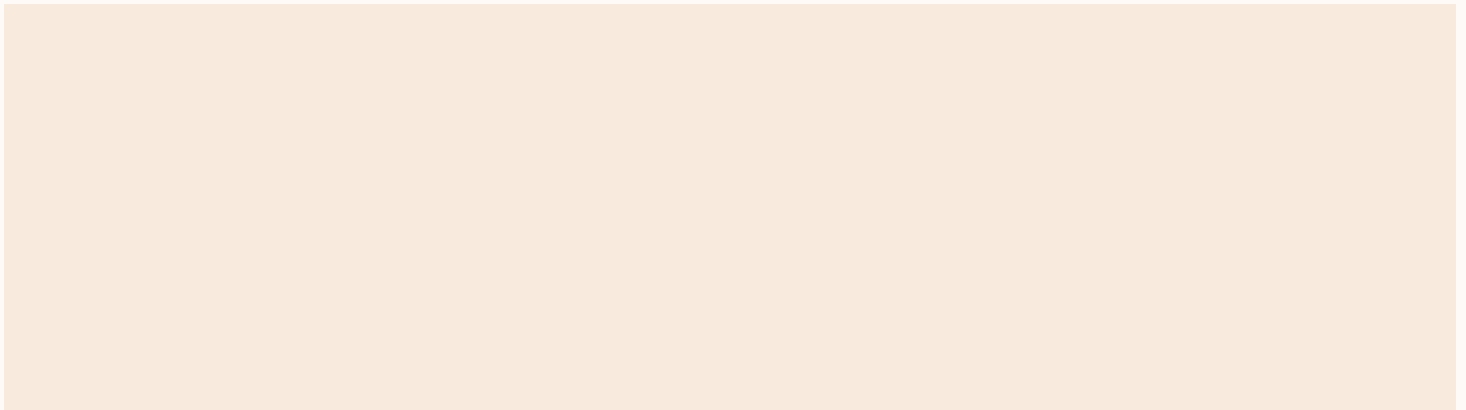
overcoming self objectification

The key to overcoming self-objectification is to USE your body. So I'm going to challenge you to start doing that. That doesn't have to mean in a structured fitness class, this means just using your body for you to live: walking around the grocery store, swimming with your kids, daydreaming or solving a complex problem, or something like laughing and enjoying life, etc. focus on the act of living not viewing your living through the eyes of others.

In what ways will you begin to USE your body versus treating it like an object?



Is there anything you've been waiting to do until you feel your body is "ready" enough size wise? If so, take a moment to jot them down here.



finding body resilience

Another term Drs Lindsay and Lexie Kite discuss in their book is body resilience. They state: resilience, as both a trait and a process, is defined as the process of “being disrupted by change, opportunities, adversity, stressors or challenges and, after some disorder, accessing personal gifts and strengths to grow stronger through the disruption.” In other words, body resilience is rising up from negative experiences and beliefs about our body. And it doesn't have to be one state- you are or you aren't resilient- it can be the process of getting there.

I invite you to take a second to imagine a life of which you are living out body resilience. Notice how it feels. What would you do? What would you wear if you had no fear? How would you act? How would life be different?

Some examples are playing with your kids in the park, going out on date night and being in the moment experiencing it VS worrying about how you look or how what you eat may/may not change your body, wearing something that expresses your personality to the beach and/or buying a bikini and rocking it at the local pool. Visualization is a super powerful strategy that you can call on when you need it to help motivate and encourage you.

**Take a moment to visualize a life where you don't hate your body.
What would this look like for you?**

