

the sociEATy

stage 5: health & wellbeing

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.

establishing your core values

First pick your top 15 core values, then narrow it down to the top 2.

Accountability	Ethics	Kindness	Self-respect
Achievement	Excellence	Knowledge	Serenity
Adaptability	Fairness	Leadership	Service
Adventure	Faith	Learning	Simplicity
Altruism	Family	Legacy	Spirituality
Ambition	Financial stability	Leisure	Sportsmanship
Authenticity	Forgiveness	Love	Stewardship
Balance	Freedom	Loyalty	Success
Beauty	Friendship	Making a difference	Teamwork
Being the best	Fun	Nature	Thrift
Belonging	Future generations	Openness	Time
Career	Generosity	Optimism	Tradition
Caring	Giving back	Order	Travel
Collaboration	Grace	Parenting	Trust
Commitment	Gratitude	Patience	Truth
Community	Growth	Patriotism	Understanding
Compassion	Harmony	Peace	Uniqueness
Competence	Health	Perseverance	Usefulness
Confidence	Home	Personal fulfillment	Vision
Connection	Honesty	Power	Vulnerability
Contentment	Hope	Pride	Wealth
Contribution	Humility	Recognition	Well-being
Cooperation	Humor	Reliability	Whole-
Courage	Inclusion	Resourcefulness	heartedness
Creativity	Independence	Respect	Wisdom
Curiosity	Initiative	Responsibility	
Dignity	Integrity	Risk-taking	
Diversity	Intuition	Safety	
Environment	Job security	Security	
Efficiency	Joy	Self-discipline	
Equality	Justice	Self-expression	

my top 15



my top 2 core values

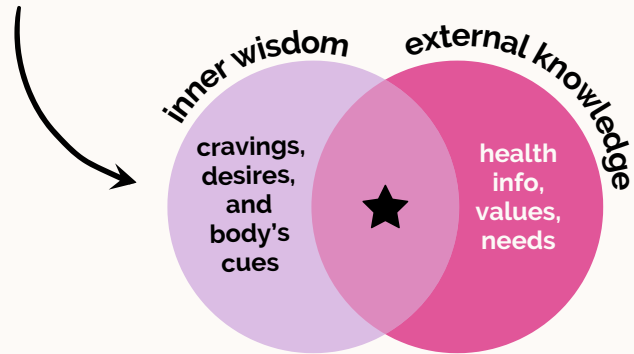
1

2

authentic health

Intuitive eating introduces the concept of “authentic health”. This is a process of dynamic integration of your inner wisdom (your cravings, desires, and body’s cues) and external knowledge of health guidelines, such as exercise and nutrition. You decide what parts of the external knowledge you’d like to integrate into your life.

This external knowledge can include our own health values, our own health needs based on our health history, philosophical preferences such as choosing to be plant-based due to religion or for animal rights, for example. The ability to integrate this external knowledge without it turning into a rigid set of rules is dependent on your body attunement including paying attention to hunger, fullness, and satisfaction to name a few. Essentially, all of the things that you’ve been working so hard on.



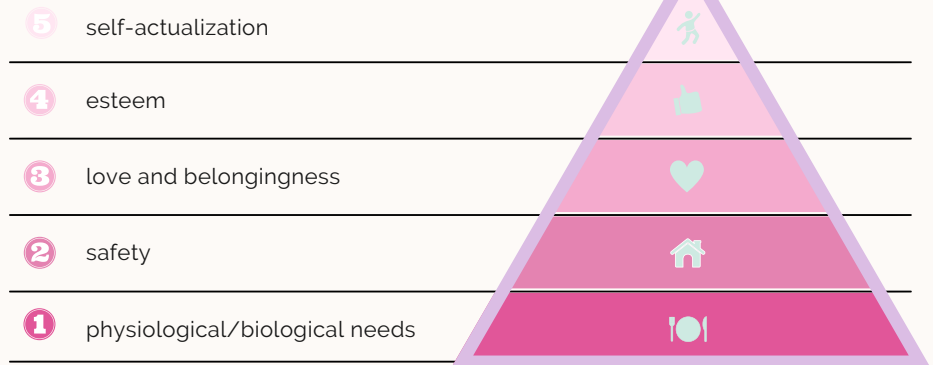
Take a moment to reflect on what your own version of authentic health might look like. What aspects of health are important to you? What are your own personal health needs?

What does your version of authentic health look like? What does it include?

Create a new definition of the word “healthy” based on your version of authentic health.

meeting your basic needs

It's important for us when thinking about health to first focus on the base of the pyramid of our needs and then build up from there. Take a moment to assess yourself with each of these questions. Check the boxes to which you can answer "yes" to.



- 1. Are you getting enough food to eat? (Hopefully by now our answer is yes! But, there may be times when the answer is no from either our circumstances or maybe sneaky diet culture thoughts coming back out to play.)**
- 2. Are you drinking enough water?**
- 3. Are you getting enough sleep?**
- 4. Do you have enough warmth? (Meaning do you have access to heat when the weather is cold.)**
- 5. One may loop in sexual needs here, too!**
- 6. Then we ask do you have safety and security? For example, emotional security, financial security (e.g. employment, social welfare), law and order, freedom from fear, social stability, property, health and wellbeing (e.g. safety against accidents and injury).**
- 7. After physiological and safety needs have been fulfilled, the third level of human needs is social and involves feelings of belongingness. Belongingness, refers to a human emotional need for interpersonal relationships, affiliating, connectedness, and being part of a group. Examples of belongingness needs include friendship, intimacy, trust, and acceptance, receiving and giving affection, and love.**

Now, reflect on the boxes you did not check. As you think about honoring your body and health try to work in order of these from 1-7, as this follows the pyramid of our basic needs.

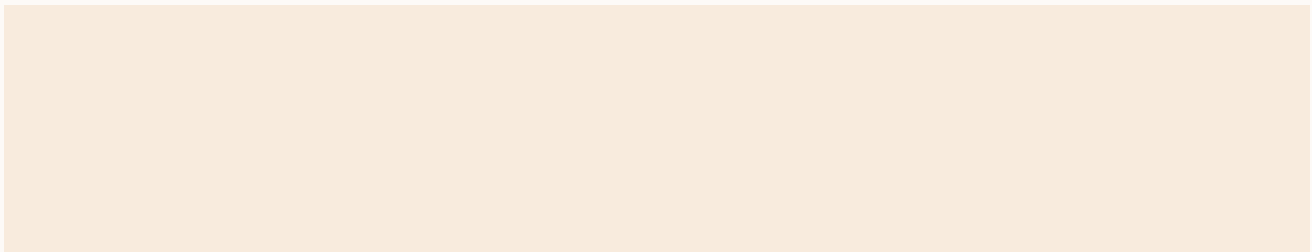
5 principles of HAES

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.

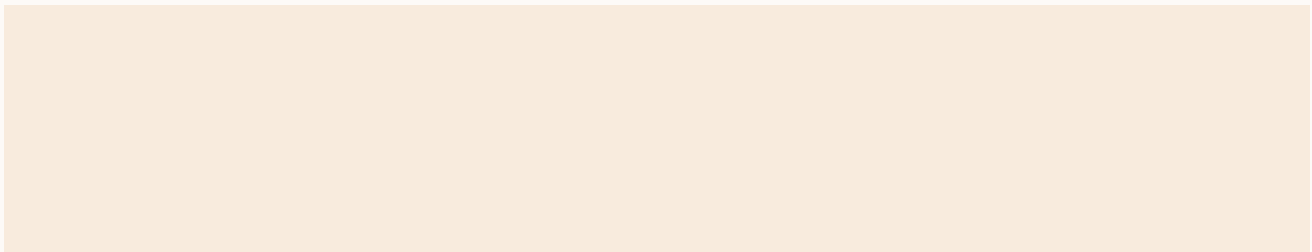
Take a moment to review the 5 principles of HAES and reflect on how each one does or does not show up in your life. Then, brainstorm ways in which you can further your knowledge and/or live in alignment with each principle.

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...



healthcare scripts

Use the following script at doctors appointments when needed.

Finding a weight neutral, HAES aligned provider

"Hello! My name is ****insert your name here****. I am/am considering becoming a patient at your practice and wanted to see if you/any of your colleagues are able to work with me from a weight neutral, health at every size standpoint. Are you/any of your colleagues familiar with the HAES movement? I ask because I have a history of disordered eating. **I am absolutely all for discussing health promoting behaviors however **if you are open to this**** focusing on weight with me will directly cause harm. If you are unable to work with me without focusing on weight please let me know if you have any colleagues who may be willing to or any other referrals."

Asking to not be weighed

" I have a history of disordered eating and as a result I am asking to not be weighed at my appointment. Focusing on weight with me will directly cause harm, If you are unable to accommodate please let me know as to the reason and if you have any colleagues who may be willing to or any other referrals."

other resources

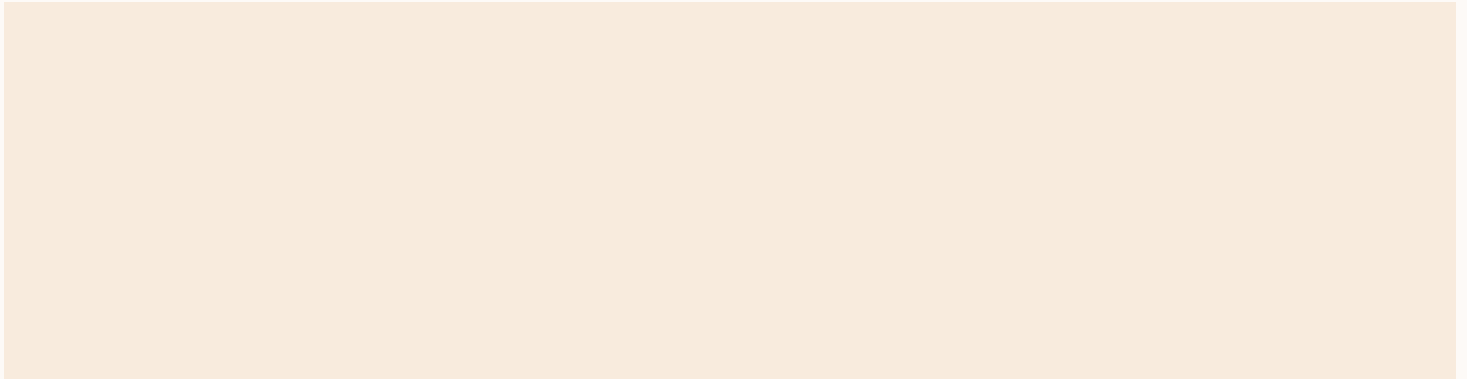
- [An Overview Of HAES](#)
- [HAES Health Sheets](#)
- [Find A HAES Professional \(coming soon!\)](#)

Also recognize that if all you are able to do is MAKE an appointment that might be a huge feat for you. It can be a big win to do just that especially if you've experienced stigma or oppression. You could consider bringing someone with you to shut down diet talk or even printing out an email that you craft to the office as an option earlier to bring along to take the pressure off of you to do the talking.

honoring your health needs

If you have any health concerns these may absolutely be part of what your version of authentic health looks like and also be toward the bottom of your needs pyramid, making them a priority for you. Take a moment to reflect on this and if you have any health needs that are a part of your authentic health that you'd like to work on implementing some health promoting behaviors around.

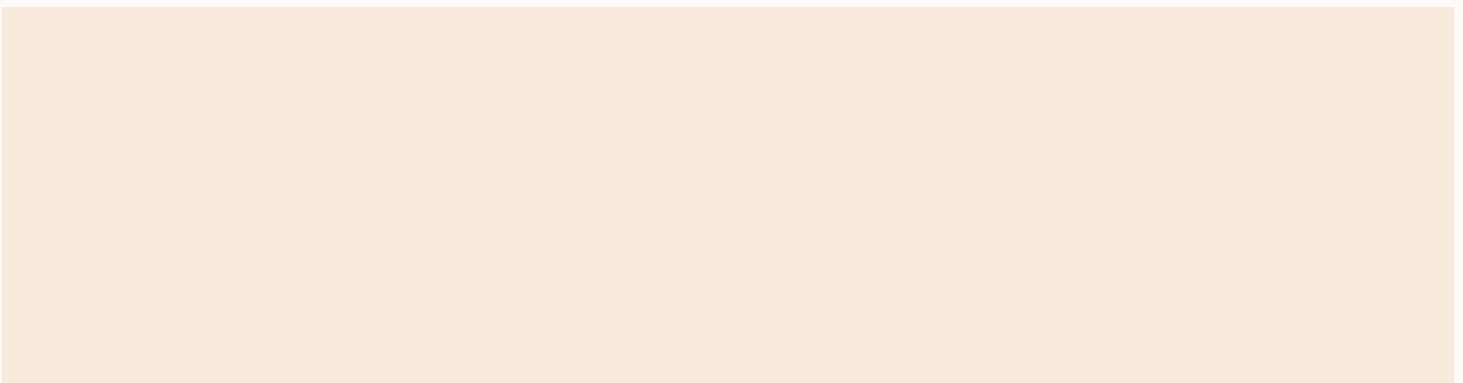
My health needs that I'd like to work on are....



Remember, it's our behaviors, not our weight, that truly impact our health. If you have identified health needs you'd like to focus on take a moment to think of behaviors that you can do in an effort to improve your health.

Examples: Moving your body, incorporating fiber, getting enough sleep, etc.

Health promoting behaviors that I can work on in relation to my health needs are...



general health promoting behaviors

Let's take a second to reflect back on some of the things that we chatted about. I asked you to think about what authentic health looks like to YOU. What aspects of your true wellbeing are important to you? What are your own personal needs? Remember, this might look different than we used to think of when we thought of "health".

Some examples to think about. Check the boxes of which ones you're interested in working on.



- Sign up for therapy**
- Make a career move**
- Take your medications on time**
- Create a safe home environment**
- Make more friends**
- Go roller-skating**
- Start a new hobby**
- Go to bed earlier**
- Fuel your body with food that make it feel good**
- Make a new recipe that makes you say "yum!"**
- Learn more about health from HAES providers**
- Try to remove yourself from situations where you experience the most marginalization or bigotry**
- Allow yourself to laugh and experience joy**

Additional behaviors that come to mind...