

HOW TO

STRENGTHEN YOUR BODY IMAGE THIS SUMMER OF KINDNESS

Set boundaries

Avoid talking about appearance, body size, shape or weight – and encourage others to do the same

Be gentle with yourself

Our bodies have made it through another big year and deserve compassion and kindness

Say no to diet culture

Messaging & advertising telling us our bodies aren't good enough is rampant during the summer period. Know this is only designed to profit off your insecurities

Spring clean your socials

Mute and unfollow people that don't make you feel good about yourself or your body, or that don't celebrate body diversity



HOW TO

FOCUS ON EATING DISORDER RECOVERY THIS SUMMER OF KINDNESS



Make a plan with your treatment team

Your therapist may be taking a holiday break, so create a plan with them in advance to tackle social events that may revolve around food.

Have a go-to person for events

Debrief with them following any triggering or uncomfortable feelings. Let them know of scenarios, situations or comments that might be tough, and share with them how you plan to manage and how they can support you.

Reflect and plan for the year ahead

Write down your reflections; What has gone well this year? What would you like to improve on or strengthen in the New Year?



Remind yourself food is celebratory and social

This can be difficult to wrap your head around if you're in the midst of an eating disorder. But be kind to yourself and remember it is totally normal to be eating differently during this time.

