

## Welcome to Well Now

In Well Now I envision a world where no-one is starved of food, company or dignity.

It works by promoting health-gain and body respect for all. It recognizes the pivotal, intermingled, roles of self-worth, fairer societies and environmental security in ensuring good health.

In short, Well Now seeks respect.

Respect emerges at the confluence of three way markers of:

**Compassion:** Go gently: with yourself, with others. You'll find yourself better able to take care of yourself around food, activity, sleep, and so on. Goodbye shame, hello who knows? Practitioners: compassion is a giant of change and action. Serious about health promotion? Live it, breathe it, teach it.

**Criticality (curiosity):** this involves us holding our truths up to the light of others' understandings. It helps us find our blind spots. Critical thinking skills can be taught. They move us away from stereotype, hierarchy and judgement. They move us towards an open-minded discernment that values difference. This enables us to claim our many identities and be cool with others claiming theirs.

**Connection:** we are always in relationship: with food, our bodies, each other, knowledge, the planet, the media. You name it. Thus, how we feel about a food influences its impact on our body. Healing any disconnect of body, mind and spirit is at the heart of wellbeing. Talking about health without talking about society and embodiment denies us our histories, resiliences, woundedness, it eclipses the visceral reality of our lives.

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