

WellNow!

Better health for everybody

Session 7:

Bodies - a Healthy Respect

Size Acceptance

- Respect means everybody – not just thin people, not just healthy, active, or fit people
- Respecting people is a human rights issue and is central to fair societies
- Respect helps people feel good about themselves, and avoids conflict, both of which promote wellbeing

The Process of Size Acceptance

This has been likened to the five stages of grief - denial, anger, bargaining, depression, and acceptance.

Understanding Compassion

- Kindness – understanding difficulties and being warm in the face of set-backs
- Common humanity – all experiences are part of being human, not isolating and shaming
- Mindfulness – awareness without judgment

Unpicking Sizist Ideology

- do the images convey respect for all?
- is the weight science accurate and complete?
- how is health represented?
- does it encourage stereotyped thinking?
- is it sensationalist or scaremongering?

Respect and Acceptance

- >1 **Personal**
 - “I accept myself as I am”
- >2 **Peers and family**
 - Healthy relationships
- >3 **Political**
 - Equal rights; Fat Activism;



Please
turn over
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“You are worthy of respect as you are , right now, and even if you never have another Well Now-type thought in your life.”

Communicating Respect

“Fat” is not a four-letter word. It is an adjective, like short, tall, thin, or blonde. While society has given it a derogatory meaning, we find that identifying ourselves as “fat” is an important step in casting off the shame we have been taught to feel about our bodies.”

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Critical Thinking

This involves looking at an issue from a number of different perspectives.

- It helps us find links between our life experiences and wider circumstances
- In this way it helps raise our awareness, and so is also known as consciousness raising
- Group discussions can be very helpful
- When we become aware of similarities and root causes we may understand our own situation more and be better able to find useful solutions together.

Boosting Body Respect

- Speak kindly to yourself
- Remind yourself of what matters to you
- Meet your 'critic' with curiosity and engagement
Make time for people, places, activities you enjoy
- Beat up on yourself less by reminding yourself you are doing your best - even it's sometimes terrible, it's still the best you could do at the time
- Find supportive communities
- Find ways to protect yourself from insults
- Remember talented people come in all shapes and sizes
- It's ok to be ordinary too: ordinary people come in all shapes and sizes
- Practice accepting compliments and taking up space
- Question things that don't feel right to you
- Practice critical thinking
- Make time to be kind to yourself, to laugh and have fun
- Watch films, read and talk about stuff that helps you explore body conformity
- List your values, triumphs, talents.
- Take a reality check: The reality is that any oppression means you are having to deal with something that should not have to.

Body Respect

When people respect themselves they are more likely to respect others. So respect promotes wellbeing and fairness (justice) and helps prevent violence. The movement for equality and respect is bigger than we are and we are a part of it.