

Teach sheet H

Diet cycle

I am not ok	I should be thinner
stop taking care of yourself - chaotic eating, less active, less social	eat less, exercise more
hunger	spend lots of time thinking about food
frustration	feel deprived
lose weight – evidence that 'diet works' feel hopeful, elated	loss of sense of control and hope
guilt, despair, shame	break diet and/or stop losing weight
give up	feel a failure, drop in self-worth

Teach sheet I

Well Now Self-care Cycle

I accept myself as I am	I will take care of myself
Choose foods to nourish myself	eat for satisfaction as self-care
listen to hunger, taste, energy levels and begin to feel more at ease around food	feel more confident generally, and have more respect for my body
feel more in control in my life	improved self-worth so more active and social
understand my eating better, begin to trust myself more	value my emotions and learn to match my needs
not thinking about food all the time	less judgmental so kinder to myself when things are hard
more emotional resources	see stigma, not fat or bodies, as the problem stop blaming myself
less shame so more open with friends, more support and connection	make new connections

First, put “I am not ok/I should be thinner” towards the top end of your table. Then read through the other teal text cards. Now try arranging the other teal text cards in a cycle depending on what you think leads on from this - joining up to "I am not ok" to make a cycle.

Now do the same with the light green cards. Start by putting “I am ok/I accept myself as I am” towards the top of your table. What thoughts follow on from this?

As with anything I say or offer, please feel free to disagree, and question what’s in front of you. You might like to add, or get rid of, some boxes.

Questions and Reflections

- how can someone things are working if they don't measure success by weight?
- if it's not about weight can it 'work'? is it saying weight doesn't matter?
- could there be any unwelcome side effects from Well Now?
- how does it make you feel to hear about a Well Now approach?
- does it raise any other questions for you?
- do you believe it/me?
- what do we mean by a healthy relationship with food? what would it look like in terms of behaviours and attitudes?

Later on we will think more about wider questions such as

- why is dieting so popular?
- what has dieting got to do with fat stigma?
- who benefits from the idea only thin people are healthy?
- why isn't the real research data on dieting being shared?
- why aren't health-justice approaches like Well Now better known?