

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?