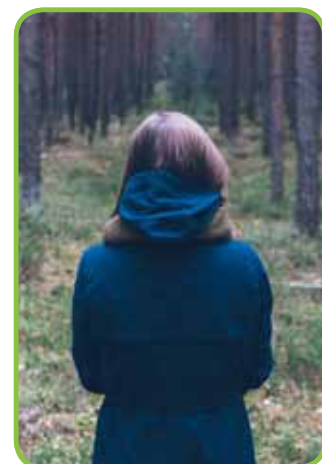


## The Well Now Table for Untangling Self-care, Weight, Wellbeing, Respect and other Social Factors

Health Condition	Could this have any impact?				Does it harm?
	Eating	Movement	Deep Connection	*Respect & Fairness	
Diabetes					
Heart disease					
Joint problems					
Depression					

\* SIH social interactants of health. Respect is a SIH.



Notes for the Well Now course:

It seems that everywhere we turn we get the message that the best way to improve personal and population health is to support people to eat well and be as active as they can.

We learn that eating well and being active will make people thinner and healthier.

This activity presses pause. It is designed to help you

- be clear about what improves personal and public health
- spot where weight-centric health messages confuse weight change and improved health
- make sense of how non-lifestyle (social) factors can influence wellbeing
- unpick faulty thinking in public health messages about fatness, lifestyle, and health
- get a feel for why the Well Now approach promotes health-justice - this involves working for better health (or health-gain) and body respect for all
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It invites you to think about how personal behaviours, such as eating and being active, impact our wellbeing and how they interact with other influences. In particular, it's a chance to step back and consider whether eating and being active can benefit wellbeing regardless of whether or not someone loses weight as a result of making changes.

It also asks whether body awareness and deep (or sacred) connection, such as meditation, mindfulness practice, spirituality, rituals, pain management exercises, can influence personal wellbeing.

Next it considers how things that are nothing to do with so-called health behaviours (eating, exercise, mood management) might influence health. For instance, does being treated with respect or being disrespect make any difference to our longterm health outcomes? What about living in a country that it as peace, or living in a war zone? Are there home circumstances that could effect our health status, regardless of our diet or activity levels?

The activity explores what happens if we flip the focus off thinness and dieting and put general health gain (and body respect for all) in the centre instead. We'll discuss this table and activity in our live call. While we're here, it might be interesting to spend a moment comparing the outcome of someone using this health-gain and body respect i.e. Well Now approach to improve their health, to someone using dieting to improve their health. How might each person feel? What is likely short term and long term? Would they feel different about seeing the healthcare professional supporting them in Well Now or dieting?