

Well Now Body Befriender Reminder

Dear Body

- I will try and figure out what you are hungry for and go in search of kale, toast, fresh air or company to match your needs or desire.
- If I can't find what you'd like I will meet you tenderly in your rage or sorrow or frustration. Maybe I can plan to do something to change things too.
- I will remember that other people who rage or sorrow and get frustrated may vent emotions at my expense. I will keep you safe when this happens and hope they find peace.
- The world we have created is not designed to respect all bodies equally, which totally sucks. I'm going to do what I can when I can to make all bodies – us too – feel valued and welcomed. And when I fail, as is bound to happen, I will be curious and compassionate and practice occupying the feeling's needed so I can do better next time.
- As for public health messages – don't get me started. I will be more careful about what I believe and start conversations that share truths about human and non-human worth and interconnectivity.
- I will remember that our histories and circumstances influence vitality, as do living with advantage and discrimination. I hope I will no longer blame and shame you when we struggle.
- I don't expect to understand everyone's identities, delights, fears and challenges. Similarly, other people might not get where I'm coming from. But I do understand respect and will treat myself and others well.
- Well, now, I've appreciated sharing and learning on the 2020 course and there's lots of useful ideas I've taken away with me. Some of what we covered made me angry and sad too, for many valid reasons. I'll keep curiosity and compassion as companions as I carry on exploring. What we'll hang on to body is Respect – because yes, we really are worth it.