

Letter to Family & Friends

Dear

After all the conversations we have had about weight and wellbeing this letter may come as a surprise: I decided to stop dieting. Yes, that's right!

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Dear

I am writing to you as someone who has always shown concern for my wellbeing. My big news is that I've had an about turn on how I'm taking care of myself! I'm still figuring out the new way of thinking so I thought it would be easier to try and explain in a letter before we meet.

Instead of yet another diet, I'm using an approach called Well Now. It's written by a dietitian who put two and two together and realised the problem wasn't lack of willpower, the problem was dieting. The simplest explanation is it works because we learn to value ourselves. This ends the food and body battles based on devaluing ourselves .

It's early days and I'm still getting the hang of things. Even so, I feel an enormous sense of deep relief plus it's already improved things for me in terms of eating and mood.

The biggest ongoing challenge is learning to value myself in a world that tells us our worth is down to our looks or health status. It feels almost heretical to think that, of course, every body is worthy of respect: we don't need to earn it by eating certain things or striving for some health goal. In fact, it's given me food for thought in many ways. I've also learnt more about how social factors and trauma impact us, which has helped me make more sense of my life. If you'd like to know more I'd be happy to share what I am learning.

Over the years you have tried really hard to support me in whatever changes I've wanted to make and have always been there as a listening ear. I want to say how much I appreciate our friendship and your kind intentions. The best way you can support me now is by not commenting on my weight, health, eating, or activity. Clearly, this is a shift from our previous pattern and that's why I wanted to write and give you a heads-up. I am sure that we will still have plenty to talk about! Looking forward to this,

Warmest wishes