

My Body Positivity and Making Peace with Food Pledge

1) I will eat when I am hungry and stop when I am full and learn to recognize degrees of hunger and fullness.

2) I will learn and regularly practice mindful eating.

3) The number on the scale, calories burned, the miles I have run, the way my clothes fit my body, the way I look, and any other external factors do not determine my self-worth.

4) Before I eat, I will ask myself if I am physically hungry and if I am not physically hungry, I will ask myself what am I emotionally hungry for?

5) I will develop a habit of checking in with myself about what I am feeling and needing and honor adaptive ways to help those feelings and meet my needs.

6) I will practice regular self-care and place a high value on self-care and reject the false notion that self-care is selfish.

7) When I want a treat, I will let myself have it in moderation and enjoy it. Otherwise what is the point? ☺

8) I will engage in regular enjoyable exercise to help my body feel and be strong and release stress.

9) I will fuel my body and brain with proper varieties and amounts of nutrition. FOOD is fuel. It is neither good, nor bad.

10) When I start to criticize my body, I will find at least one thing that I like about my body.

11) I will resist comparing and despairing and instead celebrate what I love about me.

12) I will pay attention to the culture of body shaming and situations that trigger body shame.

13) I will resist and speak up against language that promotes a culture of body shaming.

14) I will be gentle and patient with myself as I learn to fuel, care for, and love my body.

For more information on body appreciation, please contact me at drkerryluke@gmail.com or visit bodyappreciationandself-kindness.com. Please share your ideas too. Kindly, Kerry