

2023

# BEYOND THE PLATE: A COMPASSIONATE WAY FORWARD

## Workbook

prepared by Mary Balog, RDN



WEEK 1





# REFLECTION QUESTIONS



## REPLACING GUILT WITH GRACE ON YOUR WELLNESS JOURNEY

**Congratulations on completing Week 1 of "Beyond the Plate: A Compassionate Way Forward"!** In the first webinar of this series, we introduced ways to manage goals related to food, exercise, and health with flexibility, grace, and non-judgmental curiosity. We have been through a lot, and in our efforts to manage our health & wellness, *it's important to also support our mental and emotional health.*

This workbook will provide supplemental reflection prompts for those who want to further explore these concepts.

**I. We'll begin by exploring your relationship to your food, body, and health. This will offer a starting point. From here, we can imagine a path forward that incorporates self-compassion, flexibility, and curiosity. Review the following questions, and answer those that you feel comfortable answering. These are sensitive topics, so if you don't have the time or energy to do this right now, that's okay! You can revisit this when you're ready. (Some questions were adapted from the Intuitive Eating Workbook, by Evelyn Tribole & Elyse Resch.)**



### YOUR RELATIONSHIP TO FOOD

1. How would you describe your relationship to food?

2. Have you ever tried to change the way you eat? How come? What happened when you tried to make changes?



# REFLECTION QUESTIONS

3. If you have been on a diet before, how did it affect your social life? How did it affect your eating behaviors? How did it affect your mood or mind? How did it affect you, physically?

4. How did the Covid-19 Pandemic impact your grocery routine, food choices, or eating habits? Are there ongoing food-related challenges that you are facing?

## YOUR RELATIONSHIP TO YOUR BODY



5. How would you describe your relationship to your body?

6. What are your beliefs about weight loss, in general? What are your beliefs about your own weight loss?



# REFLECTION QUESTIONS

7. Where did your beliefs about weight loss come from? What is their origin?

8. If you have attempted a weight loss challenge or fitness plan , how did it affect your social life? How did it affect your eating behaviors? How did it affect your mood or mind? How did it affect you, physically?

9. How have your beliefs about weight loss affected you? Have you ever put some aspects of your life on hold until you lose weight (such as pursuing jobs, relationships, or activities)?

10. Reflect upon your responses to question 9. What would you need in order to explore your desired pursuits in your current body?



# REFLECTION QUESTIONS

11. Think about times when you were struggling with your body image or health-related goals. How do you typically respond? Write down what you typically do and what you say to yourself. Be sure to notice the tone of your thoughts-- are they harsh and intense or gentle and kind?

12. If you had a dear friend or loved one who was struggling with their body image or health-related goals, how would you respond? Write down what you would say to your friend. Also note the tone you would use with a friend or loved one-- is it harsh or kind? How does this compare to your answer for question 11?

**II. Part of the "Non-diet" process is redefining your idea of "health" and "progress".** When we shift away from "all-or-nothing" thinking and rigid rules around food or physical activity, measuring progress will look a lot different. We will continue to explore this in future sessions, but for now, spend some time reimaginging what "health" and "progress" means to you. Keep in mind that this will look different for each individual, because we are all starting with our own values, goals, abilities, circumstances, medical needs, and so on.

## REDEFINING "HEALTH"



13. What does "healthy" mean to you?





# REFLECTION QUESTIONS

14. Make a list of any foods, people, activities, traditions/rituals, hobbies, medical care/equipment, or other aspects of life that support your health and wellbeing.

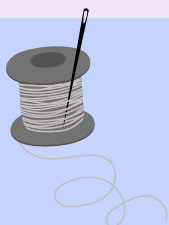
15. What are some challenges you have faced that affect your food choices, physical activity routine, sleep quality, or other aspects of wellbeing?



## REDEFINING "PROGRESS"

16. How have you been measuring progress in terms of diet, nutrition, or health? Does this work for you? Why or why not?

17. How might you like to redefine "success"? Refer to questions 11 and 12 to consider possible goals.

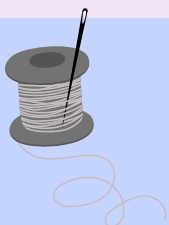


# THREADS TO FOLLOW

**III. As we continue through these sessions, we will introduce a number of "non-diet" and weight-neutral concepts. If you'd like to dive deeper into this approach, it helps to supplement your learning with a variety of perspectives.** The following books and podcasts can provide additional insight into the history, experience, science, culture, and politics related to diet, health, and our bodies. This is a nonexhaustive list of individuals who I have learned from, who have been storytelling, studying, teaching, and advocating for body liberation, dignity, respect, and justice for themselves and others. I hope you find these helpful as you begin your own journey!

## BOOKS

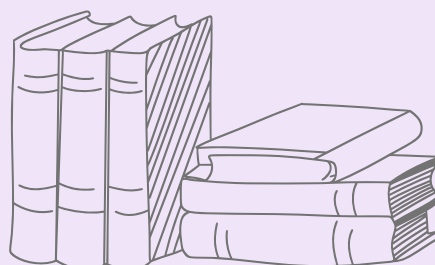
- The Original Intuitive Eating Book by Evelyn Tribole, MS, RD & Elyse Resch, MS, RD
- The Intuitive Eating Workbook by Tribole & Resch
- Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating by Christy Harrison, MPH, RD, CDN
- Body Kindness by Rebecca Scritchfield, RDN
- Just Eat It by Laura Thomas
- Nourish by Heidi Schauster, MS, RDN, CEDRD-S
- Eat to Love by Jenna Hollenstein, RN
- Decolonizing Wellness by Dalia Kindsey, RD, LD
- The Body Is Not an Apology: The Power of Radical Self-Love by Sonya Renee Taylor
- Belly of the Beast by Da'Shaun L. Harrison
- Fearing the Black Body by Dr. Sabrina Strings
- Hunger by Roxane Gay
- Unashamed by Leah Vernon
- Fat Girls in Black Bodies: Creating Communities of Our Own by Arlene Renee Cox, Ph.D
- Heavy: An American Memoir by Kiese Laymon
- What We Don't Talk About When We Talk About Fat by Aubrey Gordon
- Fat and Queer: An Anthology of Queer and Trans Bodies and Lives by Miguel M. Morales
- Bad Fat Black Girl: Notes from a Trap Feminist by Sesali Bowen
- Don't Let It Get You Down: Essays on Race, Gender, and the Body by Savala Nolan
- Thick: And other essays by Tressie McMillan Cottom
- Body Stories: In and Out and With and Through Fat, a collection of stories edited by Jill Andrew and May Freidman
- Heavy Burdens: Seven Ways LGBTQ Christians Experience Harm in the Church by Bridget Eileen Rivera
- The Embodiment of Disobedience: Fat Black Women's Unruly Political Bodies by Andrea Elizabeth Shaw
- Big: Stories About Life in Plus-size Bodies by Christina Myers
- It's Always Been Ours: Rewriting the Story of Black Women's Bodies by Jessica Wilson, MS, RD
- Revenge Body by Caleb Luna
- Fat Activism by Charlotte Cooper
- Queering Fat Embodiment by Cat Pausé, Jackie Wykes, and Samantha Murray
- Diners, Dudes, and Diets by Emily J.H. Contois
- Oppression And the Body: Roots, Resistance, and Resolutions by Christina Caldwell, Lucia Bennett Leighton



# THREADS TO FOLLOW

## PODCASTS

- Food Heaven hosted by Wendy Lopez and Jessica Jones
- Intuitive Bites hosted by Kirsten Ackerman
- Unsolicited: Fatties Talk Back hosted by Marquisele Mercedes, Da'Shaun L. Harrison, Caleb Luna, Bryan Guffey, & Jordan Underwood
- How to Love Your Body hosted by Jenna Free and Jenna Mcauly
- Find Your Food Voice hosted by Julie Duffy Dillon
- BodyLove Project hosted by Jessi Haggerty
- Unpacking Weight Science hosted by Fiona Willer
- Food Freedom hosted by Dylan Murphy
- Men's Intuition Podcast hosted by Jeff Ash
- The Food Freedom Habit Podcast hosted by Lydia Knight
- The Food Freedom/Body Love Podcast hosted by Dr. Jillian Murphy
- Dietitian's Unplugged hosted by Aaron Flores & Glenys Oyston
- Fat. So? hosted by Ameya Nagarajan and Pallavi Nath
- Break the Diet Cycle hosted by Dalina Soto and Melissa Landry
- Food Psych Podcast hosted by Christy Harrison
- The Full Bloom Podcast hosted by Zoë Bisbing







***until next week!***

*"A radical self-love world is a world that works for every body. Creating such a world is an inside-out job. How we value and honor our own bodies impacts how we value and honor the bodies of others."*

*-Sonya Renee Taylor*

The Body is Not an Apology: The Power of Radical Self-Love

