

2023

BEYOND THE PLATE: A COMPASSIONATE WAY FORWARD

Workbook

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WEEK 5





REFLECTION QUESTIONS



Kindness
is free



WELLNESS BEYOND NUTRITION

Congratulations on completing Week 5 of "Beyond the Plate: A Compassionate Way Forward"! In the final webinar of this series, we introduced a variety of ways to support your relationship to your body, to movement, and to your community .

This workbook will provide supplemental reflection prompts for those who want to further explore these concepts. *(Some questions were adapted from the Intuitive Eating Workbook, by Evelyn Tribole & Elyse Resch.)*

I. As you start expanding your perspective of health and wellbeing - it can be helpful to do a "self-care assessment." This exercise offers prompts related to many dimensions of wellness. Behaviors and conditions that do "not fill your bucket" implies areas for growth, or areas for which you might benefit from additional support to navigate. Rather than focus on all that you need to tend to at once, think of it as an opportunity to prioritize what you really need right now.



HOLISTIC WELLBEING

Check all that Apply	
I. Relationships	
Filling My Bucket	May Not Be Filling My Bucket
I spend time with people I enjoy and who sustain and support me.	I don't like to burden my friends or family with my problems.
I have someone in my life who would listen to me if I were upset or just needed to talk (friends, family, a therapist, or clergy).	My family doesn't support me when I have problems.
I stay in contact with important people in my life.	I worry about what people think of me.
I make time to spend with my family.	I withdraw from people when I am stressed out.
Other	Other



REFLECTION QUESTIONS

Check all that apply

II. Physical

Filling My Bucket

I get enough sleep to feel rested and restored when I wake up.

I get regular medical and dental checkups.

I take time off work or school when I am sick.

I wear clothes that I like and that feel comfortable.

I take vacations.

I engage in a physical activity that I enjoy at least 5 times per week.

Other

May Not Be Filling My Bucket

I often skip meals when I am pressed for time.

I watch more than 2 hrs. of TV a day.

I exercise too much, such as when I am sick or injured.

I smoke (or vape).

I go long periods of time without eating.

I overeat or undereat when I am stressed.

I often multitask while I eat, watching television, checking email, or reading.

I am often sleep deprived.

I drink more than the recommended levels of alcohol (more than one or 2 drinks per day).

Other



REFLECTION QUESTIONS

Check all that apply

III. Emotional & Psychological

Filling My Bucket

May Not Be Filling My Bucket

I make time for self-reflection.

I feel guilty if I am not productive or doing something important.

I am aware of my thoughts, without judgement.

I do not know how to relax.

I am aware of my feelings, without judgement.

I engage in harsh or critical self-talk.

I write in a journal.

I don't allow myself to feel my feelings or cry.

I identify comforting activities and places and seek them out.

I have a difficult time managing stress.

I make time to relax.

I self-silence my thoughts and feelings.

I make time to play.

My life feels out of control.

I find things that make me laugh.

I struggle with anxiety.

I have hobbies and interests outside of work or school.

Other

I have compassion for myself and others.

I seek therapy when needed.

Other



REFLECTION QUESTIONS

Check all the apply	
IV. Spiritual	
Filling My Bucket	May Not Be Filling My Bucket
I spend time in nature.	I am mainly drawn to material things.
I make time for reflection.	I don't take any time to reflect on the meaning of my life.
I seek or participate in a spiritual connection or community.	I always believe that I don't have enough.
I am aware of nonmaterial aspects of life.	I don't consider the things in my life for which I am grateful.
I seek experiences of awe.	I don't consider that I actually have a purpose in this life.
I have a mediation practice.	Other
I read or study inspirational books or articles.	
Other	



REFLECTION QUESTIONS

II. Your relationship to your body can also impact your relationship to food. The following section will explore aspects related to body appreciation and body respect. These are sensitive topics, so please take breaks to work through these as needed! Also note that while this pertains to our relationship to our own bodies, the way we feel about ourselves is greatly informed by our experience navigating a society that promotes narrow standards of beauty and health. It may be helpful to find professional support to explore these broader concepts.

BODY RESPECT

Tylka and Wood-Barcalow (2015) developed the Body Appreciation Scale, which defines and validates three key traits of body appreciation:

1. Body acceptance, regardless of size or imperfection.
2. Body respect and care by engaging in health-promoting behaviors.
3. Protecting your body, by resisting the internalization of unrealistically narrow standards of beauty perpetuated by the media.

1. Here is a simplified version of their updated Body Appreciation Scale. It provides a valid measure of one's body appreciation and positive body image. Write yes or no next to each statement to see how far you have come in respecting your body.

- ☐ I respect my body.
- ☐ I feel good about my body.
- ☐ I feel that my body has at least some good qualities. I take a positive attitude toward my body.
- ☐ I am attentive to my body's needs.
- ☐ I feel love for my body
- ☐ I appreciate the different and unique characteristics of my body.
- ☐ My behavior reveals my positive attitude toward my body; for example,
- ☐ I walk holding my head high and smiling.
- ☐ I am comfortable in my body.
- ☐ I feel like I am beautiful even if I am different from media images of attractive people (e.g., models, actresses, actors).

After assessing these statements, reflect on how many yes responses you made. The more yes answers indicate you are making good progress with body appreciation.

If you score only a 1 or 2, remember not to judge yourself. You're on a journey that will help you have positive thoughts about your body. If you're in a middle range, a 6, or a 7, you've done quite a bit of work. As in other areas of achievement, strive not to look for perfection, simply increased appreciation for your body.



REFLECTION QUESTIONS

2. What do you need in order to respect, accept, and love the body you have?

3. Are you ready to give up the fantasy that you can alter your body to match some unrealistic image? If you are, list the ways that you plan to show yourself that you are sincere in your commitment. There are many ways to do this:

- I will speak kindly to myself about my body.
- I will feed myself regularly and engage in enjoyable physical activities.
- I will throw away my scale and give away the old clothes that don't fit my body size.

4. If you do not feel ready to let go of the fantasy, contemplate what you might need in order to do so.

5. Please list as many positive behaviors (including positive self-talk about your body) that you are willing to practice:



REFLECTION QUESTIONS

III. Our relationship to movement also impacts our relationship to food, and to our body. Reflect on the following questions to begin redefining the role of physical activity in your life. There are additional resources to further diversify your perspective of activity and wellness towards the end of the workbook.



LIFE ENHANCING MOVEMENT

6. Which of the following conditions might make an activity more enjoyable?

Exercising alone

Exercising with a group of people

Exercising indoors

Exercising outdoors

Listening to the sounds around me

Listening to music

Other:

7. What is your current fitness level?

8. How do you want to feel after physical activity? Perhaps calm or perhaps energized?



REFLECTION QUESTIONS

9. Come up with 3-5 activities you'd like to explore, including anything from gardening, to skiing, to volleyball, to yoga, to weight lifting, to zumba, to self defense, paintballing, pilates, playing with your dog, hula hooping, Dance Dance Revolution, ice skating, jump rope, and more! All movement counts!

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10. What do you need in order to get started with the above activities? Consider your schedule, comfortable clothing, comfortable shoes, equipment, and a check-up from your doctor.

11. Evaluating how activity makes you feel offers helpful information for you to continue making authentic decisions around movement in the future. Consider the following questions after you finish an activity:

- During your activity, how does your perceived effort and the intensity of your breathing affect the pleasantness of your overall experience?
- What is the difference between the sensation of feeling invigorated versus feeling exhausted and depleted from an activity?
- If your activity felt unpleasant, what could you do to improve your enjoyment? (Consider the intensity of your effort, your expectations, and whether you were competitive with yourself or others. Also consider other factors, such as getting enough sleep the night before, how frequently you engage in the activity, and the environment in which your activity took place.)
- After your activity, what trends did you notice about your overall mood, alertness, and stress level?
- Did you notice any other benefits, such as being more eager to take on the day or any improved quality of your sleep?



REFLECTION QUESTIONS

IV. Spend some time exploring the social role of food in your life. Social connections enrich our lives and support our health and happiness! Food is a means of connection to others, and thus is often a component of social traditions, events, activities, or casual interactions. Answer the following questions to explore how food connects you to others in your own life.



SOCIAL EATING

12. Reflect on any fond memories you have of social events or activities. Write down a few that come to mind.

13. Of those memories that you listed, are there any special or memorable foods or recipes associated with them?

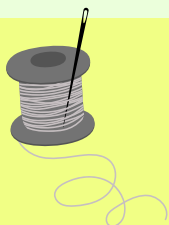


REFLECTION QUESTIONS

14. Are there other informal social activities or interactions you partake in that often include food? Such as brunch with friends, coffee breaks with a colleague, cooking with kids or other family, sharing lunch with an office mate, etc. What do you appreciate about these moments?

15. Reflect on some of your answers to the previous questions. How would you feel if either the social component or the food were missing from those scenarios? Would it change your level of satisfaction? Your mood? Your energy? Your sense of mindfulness?

16. Are there moments in your life where you have used food as a way to help others during stressful times; or have others provided you food as a form of support? In either case, how did that make you feel?



THREADS TO FOLLOW

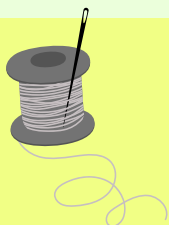
V. Our relationship to our body, to movement, and to our community can all impact our relationship to food. Utilize the following resources to explore each of these areas of wellness. The following sections include suggestions for articles, individuals, and websites to reference to continue expanding your perspective of health and wellness. You'll find tools for you to support your individual wellbeing, as well as organizations and individuals to learn that may help you advocate for greater societal change.

SOCIAL CONNECTION

- Feed the Resistance, Book by Julia Turshen
- Together: The Healing Power of Human Connection in a Sometimes Lonely World, Book by Dr. Vivek Murthy
- Social Associations and Health Outcomes, County Health Rankings:
 - <https://www.countyhealthrankings.org/explore-health-rankings/measures-data-sources/county-health-rankings-model/health-factors/social-and-economic-factors/family-social-support/social-associations>
- Meal Train Services:
 - Meal Train: <https://www.mealtrain.com>
 - Take Them A Meal: <https://takethemameal.com/index.php>
 - Caring Meals: <http://caringmeals.com>
 - Care Calendar: <https://www.carecalendar.org/>
- Eater article, "With Online Spreadsheets, Mutual Aid Networks Are Keeping People Fed During Coronavirus": <https://www.eater.com/2020/4/20/21221588/mutual-aid-networks-coronavirus-resources-food-meals-groceries-delivery-covid-19>
- Detroit River Wise Mutual Aid Resource List: <https://riverwisedetroit.org/article/mutual-aid-in-michigan/>
- PBS video, THE ITALIAN AMERICANS-Roseto: <https://www.pbs.org/video/italian-americans-introduction/>
- The Lonely Hour Podcast by Julia Bainbridge: <https://www.thelonelyhour.com>

BODY RESPECT

- Books:
 - See suggestions from your Week 1 Workbook resource list.
- Organizations:
 - Association for Size Diversity and Health (ASDAH): <https://asdah.org>
 - National Association to Advance Fat Acceptance (NAAFA): <https://naafa.org>
- Educators and Advocates to Follow:
 - See suggestions from your Week 2 Workbook resource list for folks to follow to diversify your social media feed.



THREADS TO FOLLOW

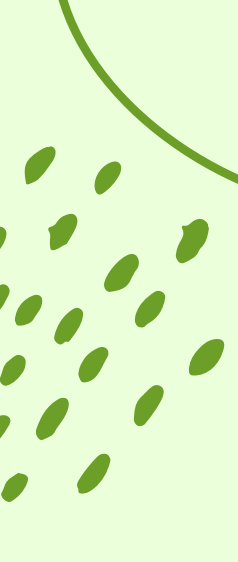
INCLUSIVE AND ADAPTIVE MOVEMENT

- Non-diet and/or Body Inclusive Fitness and Movement Professionals to Follow:

- Dianne Bondy (@diannebondyyogaofficial)
- Jessie Diaz-Herrera (@curveswithmoves)
- Louise Green (@louisegreen_bigfitgirl)
- Ilya Parker (@decolonizing_fitness)
- Morit Summers (@moritsummers)
- Roz the Diva (@rozthediva)
- Cathleen Meredith (@fatgirlsdancemovement)
- Martinus Evans (@300poundsandrunning)
- Barb Puzanovova (@nondiet_trainer)
- Lauren Leavell (@laurenleavellfitness)
- Maya Marian Bryant (@barreempowered)
- Anne Reuss (@anne_reuss)
- Wesley Hamilton (@iamweshamilton)
- Emily Young (@theembodiedtrainer)
- David Wilson (@oldschoolmoves)
- Teresa R. Ellis (@pilatesbarreandjams)
- Molly Galbraith (@themollygalbraith)
- Ife Obi (@ife_o)
- Logan Aldridge (@aldridgelogan)
- Jason Pak & Lauren Pak (@jasonandlaurenpak)
- Tony Williams (@symphony_of_awesome)

- Inclusive Physical Activity Organizations and Programs:

- No B.S. Active: <https://www.nobsactive.com>
- Yoga for Everyone: <https://yogaforeveryone.tv>
- Curves with Moves Body Positive Dance Class: <https://www.patreon.com/curveswithmoves>
- Fat Kid Dance Party: <https://www.fatkiddanceparty.com>
- The Fitness Marshall: <https://www.youtube.com/user/TheFitnessMarshall>
- Joyn Fitness: <https://www.youtube.com/channel/UCOyIJJZ7ER-b5iv9RYXnaGw>
- Big Fit Girl: https://www.bigfitgirl.com/fitnessapp/?r_done=1
- More to Love Yoga: <https://www.moretoloveyoga.com>
- Decolonizing Fitness: <https://decolonizingfitness.com>
- Roz The Diva: <https://www.patreon.com/rozthediva>
- Fat Girls Dance Movement: <https://fatgirlsdance.com>
- Trauma-informed Training: <https://hopeignitedtraining.com>
- Disabled But Not Really: <https://disabledbutnotreally.org>
- Find Your Breath Yoga: <https://www.findyourbreath.net>
- Trauma Informed Weight Lifting: <https://www.traumainformedweightlifting.com>
- Pilates Barre and Jams: <https://www.pilatesbarreandjams.com>
- TheVibe Ride: <https://theviberide.com>
- Girls Gone Strong: <https://www.girlsgonestrong.com>
- The Fit In Wellness: <https://thefitinwellness.com>
- Adaptive Training Academy: <https://www.ata.fit>
- Achieve Fitness: <https://www.achievefitnessboston.com>
- 300 Pounds and Running: <https://300poundsandrunning.com>



that's a wrap!

“We take it as self-evident that people take better care of the body that they accept and love now than one that they are punishing for being the source of their ill treatment at the hands of other people.”

-Deh Burgard

Eating disorders specialist, psychologist, activist, and co-founder of the Health at Every Size model and the Body Positive movement

