

RECLAIMING THE WILD

5-Step Starter Guide to Shedding Body Shame

1
Seeing is believing... 5% of bodies are naturally "thin" (aka beautiful) and yet these bodies make up 95% of the images we are shown. Look at diverse images of bodies, a few minutes a day, to expand your ideas and beliefs about beauty.

2
Spring clean your social media accounts. Purge contacts that make you feel inadequate and promote damaging beliefs/information about food and bodies and find a supportive community. Health At Every Size® (HAES) and Be Nourished are two of my fav's.

3
Stylish AND comfortable is key! Find at least one outfit that you feel good in, inside and out. Hanging onto smaller clothes or not buying ones that fit well in hopes of losing weight is a soul crusher not a motivator!

4
Seek pleasure everyday. We are taught to see pleasure as a reward and feel guilty for "indulging" without just cause, eff that! Pleasure ought to be a beacon in all our lives. It moves, soothes, comforts, connects, energizes, inspires, heals, and motivates. Indulgent my ass, necessary for survival is more like it!

5
Send compassion your way when you're struggling, we all struggle. It's not because you're not good enough, it's because life is GD hard!

**This is not a reflection of your character
but a fact of life.**

