

BODY NEUTRALITY STARTER GUIDE

A Radical Approach to Make Peace with Your Body - Let's try these 4 steps for starters!

Step 1: So, what is **body neutrality**?

- Body neutrality is not about always loving your body - it's about not letting it dictate your worth and value.
- It's helpful to focus on the things your body does (e.g., dances with friends, laughs at jokes) vs. how it looks.

Step 2: 5 Simple Ways to Put it into Practice **RIGHT NOW**

1. Let's call out the systems!

- When you hate on a certain part of your body, ask: Who is profiting off this shame I'm feeling? (Surprise, not surprise: The Diet Industry).

Optional activity: List 3-4 messages you've absorbed about bodies in your life time (e.g., thin = healthy) and where did you learn this from?

2. Wear Clothes that Work for YOU

- Skip on clothing that makes you ask the question, "does this hide my belly?" but instead, "does this let me focus on my life?"

3. Movement for Joy

- What can you try today that isn't based on calories burned? Dancing, walking, swimming? Choose something that is actually FUN for you.

Optional activity: Brainstorm ways you used to move your body as a young kid and explore those!

4. You Need a Social Media Audit

- It's time to unfollow all those accounts that make you feel like you need a "before and after" moment.
- Search up tags like #anti-diet #fatphobia #bodyneutrality and find folx who are about all this!

5. Talk to That Juicy Brain of Yours

- When your brain starts to criticize your body, say something like: "Thanks brain for checking in, but I think I'll pause you there and take my control back."

Step 3: When Feeling Neutral Feels Impossible

- Give yourself credit even if the wins don't feel monumental - "It's okay if the win for today is eating a late dinner without guilt." Remember, healing and liberation aren't linear.

Optional activity: If you're feeling really low, use this prompt - "What's one thing my body let me do today? (e.g., text a friend, spend time with pets, smiled at someone)."

Step 4: Some Resources to Guide You

- Read books like "The Body Is Not an Apology" by Sonya Renee Taylor and "What We Don't Talk About When We Talk About Fat" by Aubrey Gordon.

These are just some starting points. Keep an eye out for my recommended reading list for more books by fat authors!