

WEBVTT

1 "Allender, Lauren" (2933892608)

00:00:04.349 --> 00:00:09.959

Welcome and thank you for calling it the cignas 2024 eating disorder awareness series.

2 "Allender, Lauren" (2933892608)

00:00:09.959 --> 00:00:14.249

My name is Lauren allender and I am a case manager for the eating disorder team.

3 "Allender, Lauren" (2933892608)

00:00:14.249 --> 00:00:19.109

Due to the format of this call, you will not be able to ask questions during the teleconference.

4 "Allender, Lauren" (2933892608)

00:00:19.109 --> 00:00:23.370

The conference will be opened up for Q and a, at the completion of the presentation.

5 "Allender, Lauren" (2933892608)

00:00:23.370 --> 00:00:27.000

Although you do have the option of submitting questions during the teleconference.

6 "Allender, Lauren" (2933892608)

00:00:27.000 --> 00:00:38.670

You can follow along to the presentation through the through the teleconference. You can also access the presentation for today's seminar online at dot com, slash eating disorders.

7 "Allender, Lauren" (2933892608)

00:00:38.670 --> 00:00:47.370

Scroll the current topics section in the middle of your page and click on today's topic labeled beyond the basic body image work through an intersectional lens.

8 "Allender, Lauren" (2933892608)

00:00:47.370 --> 00:00:51.150

Please note that not all policies cover today's topic.

9 "Allender, Lauren" (2933892608)

00:00:51.150 --> 00:01:00.720

For more specific information, if your policy covers topics discussed in today's seminar, please contact the eating disorder team by calling the number on the back of your insurance card.

10 "Allender, Lauren" (2933892608)

00:01:00.720 --> 00:01:05.550

Today I have the pleasure of introducing Christina Johnson.

11 "Allender, Lauren" (2933892608)

00:01:05.550 --> 00:01:09.660

Christina Johnson is a registered dietitian based in Dallas, Texas.

12 "Allender, Lauren" (2933892608)

00:01:09.660 --> 00:01:15.000

Using social media, Christina has top thousands how to feel peace and enjoyment around food.

13 "Allender, Lauren" (2933892608)

00:01:15.000 --> 00:01:21.270

She has made her mission, she has made a her mission as a dietitian to teach her client how to have fun with food. Again.

14 "Allender, Lauren" (2933892608)

00:01:21.270 --> 00:01:26.220

She specializes in eating disorders, disordered eating and intuitive eating.

15 "Allender, Lauren" (2933892608)

00:01:26.220 --> 00:01:29.670

Which is not being a dietitian, she can be found with a good book.

16 "Allender, Lauren" (2933892608)

00:01:29.670 --> 00:01:36.623

Sending to her vegetable garden or exploring nature. Welcome, Christina, thank you. So.

17 "Christyna" (254329088)

00:01:36.623 --> 00:01:55.460

Much for having me, I am quite excited to be here and so we're going to dive right in excuse me I encourage you to leave your questions as we go through. I typically whenever I do group things, I'm used to like, being in a group where you're allowed to stop me and ask me questions. So it is not uncommon to me to have questions.

18 "Christyna" (254329088)

00:01:55.460 --> 00:02:05.670

It's coming in as I am doing a presentation, so we are going to talk about body image today, but we're going to look through it. Look at it through more intersectional lens to.

19 "Christyna" (254329088)

00:02:05.670 --> 00:02:11.580

Um, explore what body image is, or what it means to us beyond just the way that we.

20 "Christyna" (254329088)

00:02:11.580 --> 00:02:19.620

Look, so, some of the things that we'll be talking about is, what is body image, whatever, our previous understandings of body image.

21 "Christyna" (254329088)

00:02:19.620 --> 00:02:35.370

What is intersectional body image exploring the physical aspects and also the social aspects of body image and then at the end we're going to have a bit of an activity for you to do as well as space to ask questions or for me, to really answer the questions.

22 "Christyna" (254329088)  
00:02:35.370 --> 00:02:39.150  
So, what is body image so.

23 "Christyna" (254329088)  
00:02:39.150 --> 00:02:59.150  
There is our body awareness and then there's our body perception. So, body awareness is the mental map that our brain creates of our body to help us understand where our body is in space. So the example I can give you is currently, I am sitting in a chair, there is a desk in front of me. You can't see the desk, but I can see the desk and.

24 "Christyna" (254329088)  
00:02:59.150 --> 00:03:16.440  
And my mental map reminds me, hey, you can't move to a quickly, or you'll hit your knee on the desk. It reminds me that there is a lamp here behind me. And so I can't go flailing my arms. Otherwise I will hit the lamp and potentially knock it over and knock my plants over because there's plants behind that lamp. Um.

25 "Christyna" (254329088)  
00:03:16.440 --> 00:03:36.440  
So, it's, it's there to help me understand the space that am occupying in the world versus our body. Perception is the way that our brain perceives or assesses our body. And that is more influenced by cultural or social standards and a few other measures. Right this is how we.

26 "Christyna" (254329088)  
00:03:36.440 --> 00:03:56.440  
Feel about the way that our body is existing in space versus the body. Awareness is a more neutral understanding of what is happening. Our body awareness can be shifted. It is often the most often. That I see. It shifts more suddenly is based on an emotional response. Where someone feels emotionally overwhelmed.

27 "Christyna" (254329088)  
00:03:56.440 --> 00:04:13.050  
Or has a particularly, um, an emotion that feels unsettling to them. Uh, they're more likely to experience a shift in that body, or that brain map, their body awareness. That doesn't actually mean that their body has changed significantly. In that moment. In time, their brain is just.

28 "Christyna" (254329088)  
00:04:13.050 --> 00:04:17.910  
Interpreting it that way, based on the sudden shift in there.

29 "Christyna" (254329088)  
00:04:17.910 --> 00:04:36.749

Emotions, um, the body map also can shift over time if someone's body does, in fact, shift over the course of time. Uh, we know this to be true because we weren't all the height that we are now currently as adults. And so our body map had to shift to adjust to the fact that our bodies and adult body, and not a child's body anymore.

30 "Christyna" (254329088)  
00:04:36.749 --> 00:04:41.309  
So.

31 "Christyna" (254329088)  
00:04:41.309 --> 00:04:46.409  
What was our previous or more original understanding of body image?

32 "Christyna" (254329088)  
00:04:46.409 --> 00:05:03.539  
This was mostly focused on the aesthetic of having a body. So what does it look like to ourselves? And the people around us as a professional we work with individuals who are struggling with their relationship with food and their body. And so we used to think about it as a way of helping people just.

33 "Christyna" (254329088)  
00:05:03.539 --> 00:05:22.319  
Adjust their feelings about the way that their body looks and this is not to say that that's not important work. Cause I do think that that is important work that we can both temper our expectations, but also learn to appreciate the way that our body looks. Um, in a, in a way that allows us to move to the world a bit more easily.

34 "Christyna" (254329088)  
00:05:22.319 --> 00:05:25.349  
Uh, this does leave.

35 "Christyna" (254329088)  
00:05:25.349 --> 00:05:31.559  
A lot of things unsaid when people occupy different spaces in the world and that's.

36 "Christyna" (254329088)  
00:05:31.559 --> 00:05:51.559  
The purpose of this presentation. So, what is intersectional? Body image? Right? What are the crossroads that people's body image exists at? So body size size weights, shape their hair texture do they have curly hair? Is it more coyly as a kinky as a course? What is their.

37 "Christyna" (254329088)  
00:05:51.559 --> 00:06:11.559  
Exposure to body diversity how often are they seeing different types of bodies? Short bodies? Tall bodies um, larger bodies bodies that are disabled bodies that are have limb differences right? How often are they being exposed to bodies that do not look like their own or bodies that don't fit the cultural.

38 "Christyna" (254329088)  
00:06:11.559 --> 00:06:20.099  
Beauty standard, uh, their ethnicity raised country of origin their skin color, uh, does their skin color.

39 "Christyna" (254329088)  
00:06:20.099 --> 00:06:28.769  
Is it different or the same as what is considered to be beautiful in the culture that they exist in or the cultures that they exist in? Uh.

40 "Christyna" (254329088)  
00:06:28.769 --> 00:06:41.279  
That could also, you know, there's undertone involved in that if you're familiar with that concept, right there's more golden undertones, pink undertones, red undertones and so on their immigration status.

41 "Christyna" (254329088)  
00:06:41.279 --> 00:06:47.399  
Their disability status, their degree of assimilation or a.

42 "Christyna" (254329088)  
00:06:47.399 --> 00:06:53.519  
Their family of origin cause that, you know, families have their own beliefs about bodies that they share with each other.

43 "Christyna" (254329088)  
00:06:53.519 --> 00:07:13.349  
Uh, the frequency and intensity that they are exposed to micro aggressions, this will be my point where I will say, microaggressions are only Micro for the aggressor and then their access to accessibility. So, even if they can access the thing that makes the world easier for them to navigate.

44 "Christyna" (254329088)  
00:07:13.349 --> 00:07:29.159  
Does it actually make the world easier for them to navigate? Or is this something that's kind of out of the weight for them? Do they feel safe to use this thing that's accessible to them? Do they feel like it's something they needed to earn? So they feel like they're only allowed to use it at certain times. Um.

45 "Christyna" (254329088)  
00:07:29.159 --> 00:07:35.639  
If they have chronic illness, what type of chronic illness do they have? How does it impact their day to day life? Whether they.

46 "Christyna" (254329088)  
00:07:35.639 --> 00:07:43.289  
Have or experienced food insecurity previously, have experience with insecurity in their financial standing. Uh, this is not.

47 "Christyna" (254329088)  
00:07:43.289 --> 00:07:51.359

An exhaustive list, there are plenty of other things that could fit here. These were just, uh, some of the more common ones I see. And practice.

48 "Christyna" (254329088)

00:07:51.359 --> 00:08:11.359

So, what do we do with this? Right? So our intersectional body image explores the impact of multiple identities, right? Social identities that an individual might hold on the way that their body image believes form and from those body image believes how they practice their body image.

49 "Christyna" (254329088)

00:08:11.359 --> 00:08:31.459

So, this is also exploring the intersections of one's identity to allow us to dig deeper into what maintains these unhealthy beliefs about someone's body exploring. The intersections also allows 1 to build skills to care for themselves with systems that they may not have much influence to change or that they can't change as 1 individual.

50 "Christyna" (254329088)

00:08:31.459 --> 00:08:39.899

Right so my example for that would be if this person is disabled, okay, they're going to have to continue to bump up against some systems that.

51 "Christyna" (254329088)

00:08:39.899 --> 00:08:47.969

Don't always make them feel very great. And so how do we help them navigate those systems? How do we help them? Learn how to care for themselves? So that they can still.

52 "Christyna" (254329088)

00:08:47.969 --> 00:08:54.089

Not only show it for themselves, but go out and advocate for themselves and get the things that they need. Um.

53 "Christyna" (254329088)

00:08:54.089 --> 00:09:11.489

To so that, you know, they're not feeling like, they're the burden, or they're not feeling like their body is wrong or unlivable or undesirable, because that's oftentimes what is happening for these individuals where they begin to believe based on these interactions that they're having, with these different systems that they are wrong or unlovable or undesirable.

54 "Christyna" (254329088)

00:09:11.489 --> 00:09:16.349

So.

55 "Christyna" (254329088)

00:09:16.349 --> 00:09:20.189

Physical aspects of body image that go just a bit beyond.

56 "Christyna" (254329088)

00:09:20.189 --> 00:09:25.409

What we have previously gathered out of the research, um.

57 "Christyna" (254329088)

00:09:25.409 --> 00:09:45.269

Our body experiences informed, the beliefs that we have about our body so the physical aspects of our body image include what we can see or feel this can include the appearance of someone's body, the size weight shape, height, uh, any sort of distinguishing cultural features, right? A wider nose, a more narrow nose. Um.

58 "Christyna" (254329088)

00:09:45.269 --> 00:10:05.269

Visible disability a disability that you can actually see what your eyes, their hair texture, the hair color, their skin tone, any sort of thing that we can look at them, or they can look at themselves and see it. Right that is the physical aspect of their body image. These physical aspects can also include things that we cannot see or.

59 "Christyna" (254329088)

00:10:05.269 --> 00:10:08.609

Feel invisible disability or a chronic illness.

60 "Christyna" (254329088)

00:10:08.609 --> 00:10:20.339

We can't see chronic illness, uh, that doesn't mean that it's not there. And that doesn't mean that it is not contributing to their body image. Um, chronic pain. Right? I have quite a few clients that have chronic pain in the way that that contributes.

61 "Christyna" (254329088)

00:10:20.339 --> 00:10:31.049

To the way that they perceive their body, right? They oftentimes talk about feeling like their body betrayed them. They start to feel like it's not even their body. It's just a body that they're in.

62 "Christyna" (254329088)

00:10:31.049 --> 00:10:44.339

Uh, and so what, how does that shift someone's body image and how do we have conversations around that? So that they can feel, um, so that they can begin to want to take care of their body again.

63 "Christyna" (254329088)

00:10:44.339 --> 00:10:55.679

Uh, each of these aspects can be explored to determine their impact on one's body image beliefs and how those beliefs can be neutralized for more neutral body image days. So, don't you worry.

64 "Christyna" (254329088)

00:10:55.679 --> 00:10:59.759

We're going to talk about what it means to neutralize that here in a 2nd.

65 "Christyna" (254329088)

00:10:59.759 --> 00:11:12.599

So, neutralizing is softening, believes towards your body uh, we are most familiar with discussing and shifting believes about the physical aspects of one's by the image. And again.

66 "Christyna" (254329088)  
00:11:12.599 --> 00:11:16.139  
I think that is still conversation to be had.

67 "Christyna" (254329088)  
00:11:16.139 --> 00:11:33.839  
Um, these next questions are more reflection, questions a space for you to explore so that you can go beyond just the physical aspect of how it looks but actually start to explore what is your experience and your body. And how has that formed the way that you.

68 "Christyna" (254329088)  
00:11:33.839 --> 00:11:47.759  
Feel and belief about it. So how do the beliefs you hold about your body, and the way that it looks or feels prevent you from caring about your body compassionately and radically right?

69 "Christyna" (254329088)  
00:11:47.759 --> 00:11:52.649  
Based on the experience that you've had in your body, how does that prevent you?

70 "Christyna" (254329088)  
00:11:52.649 --> 00:12:01.829  
Or how is that gotten in the way of you caring for your body?  
Compassionately radically unconditionally. How's that? How's that?  
Interrupted?

71 "Christyna" (254329088)  
00:12:01.829 --> 00:12:06.149  
Your practice of being kind to yourself being kind to your body.

72 "Christyna" (254329088)  
00:12:06.149 --> 00:12:19.619  
Is the care that you have for your body conditional to its perceived worth? Do you take care everybody some days as opposed to other days? Because some days you feel like, Ah, yes, my body is worth being taken care of today.

73 "Christyna" (254329088)  
00:12:19.619 --> 00:12:24.509  
But other days, you don't believe that it is worth being taken care of what's the difference between those days?

74 "Christyna" (254329088)  
00:12:24.509 --> 00:12:29.309  
And where did you learn these beliefs? Where did you.

75 "Christyna" (254329088)  
00:12:29.309 --> 00:12:35.879



Where did you 1st, get the messaging that your body is not worthy? That it is not, uh.

76 "Christyna" (254329088)  
00:12:35.879 --> 00:12:41.669  
Deserving of care kindness, compassion that it needs to earn.

77 "Christyna" (254329088)  
00:12:41.669 --> 00:12:48.149  
These this care that it needs to earn respect to be taken care of, to be.

78 "Christyna" (254329088)  
00:12:48.149 --> 00:12:56.999  
Um, treasured if you will, what might it look like for you to care for your body? Unconditionally? What.

79 "Christyna" (254329088)  
00:12:56.999 --> 00:13:16.999  
Would you include in that practice? Right? So this is going to be different for different people, which is why I like that. It's a more open ended question. But what does it mean for you specifically to care for your body unconditionally and that's going to change over the course of your life and it's going to change based on things that are.

80 "Christyna" (254329088)  
00:13:16.999 --> 00:13:36.999  
Based on what you need at that point in time so caring for your body unconditionally, I think always includes nursing yourself adequately and consistently making. Sure. You have enough food to eat. Ideally, there's some variety and some fun in that. But sometimes that's not always the case. I think that there's also an aspect of rest right? Are you getting enough.

81 "Christyna" (254329088)  
00:13:36.999 --> 00:13:57.199  
Sleep sleep is not the only form of rest. Are you getting enough? Mental rest? Are you taking time away from labor away from work to let your mind rest to let your body rest? Are you spending time in spaces, socially that fill your cup up as opposed to deplete it? Um, cause sometimes.

82 "Christyna" (254329088)  
00:13:57.199 --> 00:14:08.369  
When someone feels that their body is unworthy or undesirable unlivable, they will disconnect from social situations, because they don't feel like they deserve to be there.

83 "Christyna" (254329088)  
00:14:08.369 --> 00:14:21.239  
Um, and so going there, even if you necessarily don't feel like you deserve to be there, is you showing your body unconditional care and regard because we are social people and so being in places and spaces that.

84 "Christyna" (254329088)

00:14:21.239 --> 00:14:25.589  
Add joy back to your life failure, cut back up. Um.

85 "Christyna" (254329088)  
00:14:25.589 --> 00:14:30.539  
I think is really important in that process and so it it really starts to.

86 "Christyna" (254329088)  
00:14:30.539 --> 00:14:37.409  
I think it's important for you to ask yourself. What would I include in that practice I like to spend time outside.

87 "Christyna" (254329088)  
00:14:37.409 --> 00:14:41.219  
Uh, before we, you know, popped in here, um.

88 "Christyna" (254329088)  
00:14:41.219 --> 00:14:48.599  
I was reflecting on the ways that I adjust my time outside in the summer, because I'm based in Dallas and it.

89 "Christyna" (254329088)  
00:14:48.599 --> 00:15:08.599  
Quite warm here, uh, to still get time outside time and nature time with the trees time with my plants. Uh, but in a way that doesn't leave me physically exhausted, uh, cause that can be the case. Um, but that's because I like to be outside that helps me feel more connected to my body. That helps me feel more.

90 "Christyna" (254329088)  
00:15:08.599 --> 00:15:19.889  
Some people that might be doing art, right? I have lots of clients who enjoy making art and whether that's making art with their hands, making digital art.

91 "Christyna" (254329088)  
00:15:19.889 --> 00:15:24.179  
Painting, you know, whatever the case may be that for them. Really?

92 "Christyna" (254329088)  
00:15:24.179 --> 00:15:35.429  
Is a way of using their body to express something that actually helps to improve there the way that they feel about their body because everybody was able to create this art.

93 "Christyna" (254329088)  
00:15:35.429 --> 00:15:47.999  
And so, you know, giving yourself the time in the space to figure that out and again, knowing that that's going to change over the course of life. If you would have told a teenage version of me that I like to spend time outside.

94 "Christyna" (254329088)

00:15:47.999 --> 00:15:56.909

And look at the trees out of left in your face and yet, here I am, I like to spend time outside and look at the trees because there's just something very relaxing to it about me. So.

95 "Christyna" (254329088)

00:15:56.909 --> 00:16:12.689

The other part of this is the communal contributions to our body image and I think that this is the bulk of the sort of intersectional piece of this. Right? Uh, there is the individual work, which is just, which is how we feel about our body what's happening there the communal piece is.

96 "Christyna" (254329088)

00:16:12.689 --> 00:16:32.689

What are we interacting with on a regular basis that informs how we feel about our body so, the social aspects of body image include the beliefs of our body and body focus practices that are held by a community or culture, including our family of origin, because families of origin have their own culture. This becomes intersection.

97 "Christyna" (254329088)

00:16:32.689 --> 00:16:41.279

So, when someone exists within multiple communities, this individual now works to balance sometimes different beliefs and body focus practices. So.

98 "Christyna" (254329088)

00:16:41.279 --> 00:16:47.039

Someone holding multiple social identities could be someone who is, you know.

99 "Christyna" (254329088)

00:16:47.039 --> 00:16:56.909

A teacher, but then also does, like, is like a dance captain and, you know, maybe they like to go.

100 "Christyna" (254329088)

00:16:56.909 --> 00:17:02.909

Work in their community garden, and maybe they do yoga or something like that. Right? Those are different.

101 "Christyna" (254329088)

00:17:02.909 --> 00:17:22.909

Spaces community that might hold different beliefs. Right? So a teacher is 1 thing versus a dance captain Dan's culture has its own body image, beliefs, and ideals and body focus practices that aren't don't necessarily translate to being a teacher, right? A teacher has its own thing. You know, being someone.

102 "Christyna" (254329088)

00:17:22.909 --> 00:17:31.859

That spends time in a community garden, has its own culture and practices that are different from, you know, Dan's culture. And how do those? Are they similar? Are they different.

103 "Christyna" (254329088)  
00:17:31.859 --> 00:17:39.809  
And then what do we do with that information? Do we internalize that information as something that we should do as people.

104 "Christyna" (254329088)  
00:17:39.809 --> 00:17:50.579  
These beliefs and body focus practices may contribute to poor body image. These sometimes conflicting stances between communities can also contribute to poor.

105 "Christyna" (254329088)  
00:17:50.579 --> 00:17:58.019  
Body image, so, you know, in my previous example, the difference between, like, someone who does dance versus a teacher, right? Um.

106 "Christyna" (254329088)  
00:17:58.019 --> 00:18:09.719  
Are they are those things conflicting? Right? Is 1 saying your body needs to look 1 way and then this other group saying your body needs to look a different way and you're stuck in the middle of trying to figure out.

107 "Christyna" (254329088)  
00:18:09.719 --> 00:18:19.589  
Well, where do I say do I go left? Do I go right? Do I try to find a combination of the 2? Do I choose neither? What am I choosing here? Uh.

108 "Christyna" (254329088)  
00:18:19.589 --> 00:18:31.199  
And the more conflicting that those 2 body image ideals are the more conflict to that that individual might feel as they're trying to figure out again. You know, where do they fit? And how do they want to.

109 "Christyna" (254329088)  
00:18:31.199 --> 00:18:36.449  
How do they want to do their best to meet those body image? Ideals?

110 "Christyna" (254329088)  
00:18:36.449 --> 00:18:49.979  
Do they have to make those by the image ideals that's always the question that I ask. Do you have to meet those? Can you exist in that space and not conform to what they think is beautiful? Can there be multiple forms of beautiful.

111 "Christyna" (254329088)  
00:18:49.979 --> 00:18:54.689  
Does your body need to look a particular way to exist in that space?

112 "Christyna" (254329088)  
00:18:54.689 --> 00:19:02.849  
Can there be can bodies that don't look like a quote dancer body be a dancer body.

113 "Christyna" (254329088)  
00:19:02.849 --> 00:19:08.279  
Yes, yes, it can, um, and really giving, you know, this.

114 "Christyna" (254329088)  
00:19:08.279 --> 00:19:21.179  
Really starting to inspect if you will, what actually are these different beliefs that these cultures are holding these communities are holding and do those feel right for me do those feel like something? I.

115 "Christyna" (254329088)  
00:19:21.179 --> 00:19:25.439  
Agree with, or disagree with and then, is that something that I want to practice? Right?

116 "Christyna" (254329088)  
00:19:25.439 --> 00:19:33.089  
This sort of dancer thing, um, all bodies are the answer bodies as long as they're dancing, you know uh.

117 "Christyna" (254329088)  
00:19:33.089 --> 00:19:47.999  
And when we accept that as the thing. Okay now, that, that's the case. Now, what does it mean for me to be in this dancing space how do I want to practice dancing? What does that mean? For my body image, how does it make me feel what how do I want to fit that in the space of my life?

118 "Christyna" (254329088)  
00:19:47.999 --> 00:19:53.729  
Not that dance is the only thing here, but that was just the example here.

119 "Christyna" (254329088)  
00:19:53.729 --> 00:20:02.519  
Um, so reflecting on these communal contributions, the things that we get from the communities that we are.

120 "Christyna" (254329088)  
00:20:02.519 --> 00:20:22.519  
Existing, and we all exist within at least 1 community, but ultimately we exist within multiple communities. What are the body beliefs of the communities that you are? A member are of? What are the body practices of those communities body practices? Our body focus practices are things that a community might do that are specific.

121 "Christyna" (254329088)  
00:20:22.519 --> 00:20:25.799  
Geared towards, um.

122 "Christyna" (254329088)  
00:20:25.799 --> 00:20:34.889  
Geared towards assessing a body and making sure it stays in line with that communities body image ideal.

123 "Christyna" (254329088)  
00:20:34.889 --> 00:20:52.979  
What feels authentic to you what doesn't feel authentic to you what would feel more authentic authentic for you to believe or practice well, boundaries? Do you need within yourself and others to develop and embody these new practices or beliefs? So, um.

124 "Christyna" (254329088)  
00:20:52.979 --> 00:20:56.459  
You know, I, I, I have 1 tattoo.

125 "Christyna" (254329088)  
00:20:56.459 --> 00:21:04.499  
Right tattoos in some ways are that's a body focus practice. Right? That is a way of you decorating your body's space. Um.

126 "Christyna" (254329088)  
00:21:04.499 --> 00:21:12.269  
Tattoos for me are a recreational thing that is okay. I got it. I wanted that piece of art on my body.

127 "Christyna" (254329088)  
00:21:12.269 --> 00:21:15.479  
You know, I like it. Cool and other cultures.

128 "Christyna" (254329088)  
00:21:15.479 --> 00:21:19.739  
That is a way of expressing where you fit in that community.

129 "Christyna" (254329088)  
00:21:19.739 --> 00:21:27.299  
Right. And so that holds a completely different meaning. And then so for that person to to.

130 "Christyna" (254329088)  
00:21:27.299 --> 00:21:38.099  
To interact with that what does it mean for them to tap to their body? Is that a cultural practice that they want to continue? How do they want to continue that cultural practice?

131 "Christyna" (254329088)  
00:21:38.099 --> 00:21:43.229  
Right. Um, same for peer things. My ears are peers. Um.

132 "Christyna" (254329088)  
00:21:43.229 --> 00:22:03.229  
To me, it's that's just me having my ears pierced and other cultures, having peer things is different ways to express where they fit within the culture. It could also express their financial standing, depending on what type of body jewelry they have. And in some ways that does fit, you know, outside of those.

133 "Christyna" (254329088)  
00:22:03.229 --> 00:22:09.389

If you have solid gold earrings versus other forms of metal.

134 "Christyna" (254329088)  
00:22:09.389 --> 00:22:14.219

Uh, and then, you know, again, asking, is that authentic to you? So.

135 "Christyna" (254329088)  
00:22:14.219 --> 00:22:34.219

I only have 1 time too and that's fine with me. And but I also think it's really cool and people have lots of tattoos, but that's authentic to them. I don't think it would feel very authentic to me to have multiple tattoos. So, I would, if I'm answering this question for myself, I would say, no, that doesn't feel authentic to me. It feels authentic to just have the 1 that I have, but I'm allowed to change.

136 "Christyna" (254329088)  
00:22:34.219 --> 00:22:41.219

My mind, I'm allowed to sort of leave that space for me to feel a different way in the future.

137 "Christyna" (254329088)  
00:22:41.219 --> 00:22:55.499

And if this thing doesn't feel authentic to me, right? If not ever having multiple tattoos doesn't feel authentic to me, what would feel more authentic for me to believe a practice oh, okay. Having the 1 that I have but leaving space for something else. Um.

138 "Christyna" (254329088)  
00:22:55.499 --> 00:23:04.589

This can be applied to multiple different sort of body focus practices or body believes that exists within a culture. Right? Um.

139 "Christyna" (254329088)  
00:23:04.589 --> 00:23:14.219

The case being, so, if there's a specific body image ideal within a culture, does that feel authentic to me? Is my body.

140 "Christyna" (254329088)  
00:23:14.219 --> 00:23:34.219

Does that, like, is that even remotely possible for my body? Because genetics are a thing and you might not be genetically based on the way that your body is made right? The bone structure, the way that things are distributed. That might not be realistic for you if that's not realistic and authentic for you what is realistic and authentic for you what would feel like.

141 "Christyna" (254329088)  
00:23:34.219 --> 00:23:41.369

Better practice a better way of of existing in your body that still allows you to feel connected to your culture.

142 "Christyna" (254329088)  
00:23:41.369 --> 00:23:46.139

And then what are the boundaries that you need within.

143 "Christyna" (254329088)  
00:23:46.139 --> 00:23:58.379  
Self, but then also the ones that you develop with other people, uh, to maintain and to practice these beliefs and practices, right? So that could be, um, within yourself is.

144 "Christyna" (254329088)  
00:23:58.379 --> 00:24:02.339  
Uh, the boundary of like, oh, I.

145 "Christyna" (254329088)  
00:24:02.339 --> 00:24:23.359  
Don't spend a lot of time looking at a particular thing, because the more time I've been looking at that, the more I want to do that thing, right? The more time I spend on social media, comparing myself to other people, the more likely I am to do something that would make me want that would lead to me attempting to look like a particular thing. Right? That's your own internal.

146 "Christyna" (254329088)  
00:24:23.359 --> 00:24:30.479  
Tree versus a boundary you might have with other people might be I don't like to talk about bodies in a negative way.

147 "Christyna" (254329088)  
00:24:30.479 --> 00:24:44.399  
So, when I'm in conversation with other people, I make sure that if we get to that point, I change the subject. I asked politely for us not to do that. If they're continuing to disrespect my boundaries. I remove myself from that situation.

148 "Christyna" (254329088)  
00:24:44.399 --> 00:24:52.199  
Right. That can help you embody these new practices and beliefs. And as you progress in this.

149 "Christyna" (254329088)  
00:24:52.199 --> 00:25:01.469  
Not everyone is going to necessarily change what they believe, but you change how you interact with what's happening for them. Right? Um.

150 "Christyna" (254329088)  
00:25:01.469 --> 00:25:22.669  
I like to think of this as, like, you are with people right? Let's say, it's your family, right? Your family of origin, you go home and you've done all this work on your body image, and you're feeling like, okay, I can be in this space and it might be uncomfortable but, you know, I can have conversations with these people and not be so.

151 "Christyna" (254329088)  
00:25:22.669 --> 00:25:34.679  
By what they're saying, and so you go home, you're with your family, and they start having these conversations about, you know, bodies and how



they should look your internal boundary is I'm not engaging with that conversation.

152 "Christyna" (254329088)  
00:25:34.679 --> 00:25:44.099

I have nothing to contribute here. Your external boundary with them is might be, hey, I really don't feel comfortable with conversation. Can we talk about something else?

153 "Christyna" (254329088)  
00:25:44.099 --> 00:25:58.769

And, you know, they may or may not listen, and you might decide, you know, what I don't have to listen to this and you walk away and you go do something else. Maybe you go hang out with someone else that's in a different room or something. But it is a space for you to really explore.

154 "Christyna" (254329088)  
00:25:58.769 --> 00:26:07.319

You know, within these sort of communal spaces, what does it mean for you to take care of your own body image and make sure that.

155 "Christyna" (254329088)  
00:26:07.319 --> 00:26:24.749

Yeah, it's going to bump up against other people, but I don't have to internalize what they are believing. I don't have to reproduce what they're believing. I don't have to reproduce those practices. I'm allowed to do things that make me feel the best in my body and help me feel, um.

156 "Christyna" (254329088)  
00:26:24.749 --> 00:26:27.989

The most cared for and the most respected.

157 "Christyna" (254329088)  
00:26:31.259 --> 00:26:35.399

So, with that, we love a little.

158 "Christyna" (254329088)  
00:26:35.399 --> 00:26:39.779

Practice a little activity. Um, so this is our activity.

159 "Christyna" (254329088)  
00:26:39.779 --> 00:26:46.259

And so I call it the lab because whenever I think about, um.

160 "Christyna" (254329088)  
00:26:46.259 --> 00:27:06.259

Being a scientist that I am, we take, we do things in a lab in a contained environment to practice them to fill them out to, to get used to them before we take them out into the real world. And so that's what this is. This is a little container to practice it, fill it out and then take it out into the real world. So you are going to select a belief.

161 "Christyna" (254329088)  
00:27:06.259 --> 00:27:23.369

That you have about your body, this is a belief that maybe feels troubling to you a belief that you're having a hard time shaking a belief that feels like it's getting in the way of you taking care of yourself and your body and you're going to write that down.

162 "Christyna" (254329088)  
00:27:23.369 --> 00:27:37.649

And then, uh, you're going to underneath that, you're going to write down 3 to 5 things to challenge that belief so that you have something to something else to explore and decide, like, oh.

163 "Christyna" (254329088)  
00:27:37.649 --> 00:27:43.229

This thing is also true or the thing is true. Do I believe that? Can I believe that.

164 "Christyna" (254329088)  
00:27:43.229 --> 00:27:53.939

Uh, and after you've written that down, you'll have, we'll have some time to explore. What did you observe about this practice and what would it be like to repeat this with other.

165 "Christyna" (254329088)  
00:27:53.939 --> 00:27:57.569

Beliefs about your body, so I'm going to give you.

166 "Christyna" (254329088)  
00:27:57.569 --> 00:28:08.339

Couple minutes to that, I'm gonna drink some tea pomegranate, white tea. If you were curious.

167 "Christyna" (254329088)  
00:30:02.279 --> 00:30:12.119

Going to give you another minute for this 1. this is an activity that I typically do in groups with people. And so they, you know.

168 "Christyna" (254329088)  
00:30:12.119 --> 00:30:25.439

Have access to ask me sometimes they get stuck and so they have access to, to ask me, at least to help them get started on some of these sentences to challenge the belief that they are currently working on challenging.

169 "Christyna" (254329088)  
00:30:25.439 --> 00:30:46.849

1 of my favorite group activities actually. Okay. I will not make you share. Um, but I think it is important and I encourage you to.

170 "Christyna" (254329088)  
00:30:46.849 --> 00:30:51.179

To keep practicing this 1 out side of here.

171 "Christyna" (254329088)  
00:30:51.179 --> 00:31:01.259

Um, so are the other aspect of this, uh, is our.

172 "Christyna" (254329088)  
00:31:01.259 --> 00:31:09.329

Body focus practice from the community and so this again, a body focus practice is anything that.

173 "Christyna" (254329088)  
00:31:09.329 --> 00:31:17.549

Someone is doing that is sort of taught community as a way of keeping their body in check with the.

174 "Christyna" (254329088)  
00:31:17.549 --> 00:31:37.549

Body image, standard of within that community, right? So this could be, like, frequently weighing yourself. This could be eating a particular way. This could be, you know, exercising a particular way. This could be, you know, wearing certain things, any sort of thing. That's really you, um, keeping tabs.

175 "Christyna" (254329088)  
00:31:37.549 --> 00:31:49.229

Tabs what is happening for your body? Are you going to take that body focus practice? That does not feel authentic to you that feels like I don't really enjoy this. I don't like this and they're going to write it down.

176 "Christyna" (254329088)  
00:31:49.229 --> 00:31:55.049

And then you are going to ask yourself what.

177 "Christyna" (254329088)  
00:31:55.049 --> 00:32:07.019

Um, what body practices would you like to adopt to replace this unhelpful body focus practice? So, body practice that someone could adopt in this scenario is like, um.

178 "Christyna" (254329088)  
00:32:07.019 --> 00:32:27.019

I am interested in doing more grounding things, things that helped me feel grounded within my body. I am interested in doing this aspect of self care. So this could be like, more. I want to round out my skin care routine. I want to take my medication on time.

179 "Christyna" (254329088)  
00:32:27.019 --> 00:32:38.039

As prescribed I want to work on nursing myself more adequately and consistently, because I'm realizing maybe I don't eat enough during the day. Um.

180 "Christyna" (254329088)  
00:32:38.039 --> 00:32:48.629

I want to work on what does it mean for me to rest? I am a big, big, big proponent of rest and in very intentional rest. Um.

181 "Christyna" (254329088)  
00:32:48.629 --> 00:33:00.899  
And then similar questions to the 1, on the last activity. What do you notice when you think of body practices that you would like to adopt? What do you notice when you think about these unhelpful body practices? This is.

182 "Christyna" (254329088)  
00:33:00.899 --> 00:33:17.519  
That question more so gives you the space to notice how was your body responding? Um, do you feel tense? Do you feel unsettled? Do you feel uneasy when you're thinking about unhelpful body practices? Do you feel hopeful? Do you feel like, do you feel.

183 "Christyna" (254329088)  
00:33:17.519 --> 00:33:27.869  
Energize when you think about, uh, these new practices that you would like to adopt, that will hopefully, hopefully help you feel more connected more.

184 "Christyna" (254329088)  
00:33:27.869 --> 00:33:31.169  
Uh, in tune, if you will with your body.

185 "Christyna" (254329088)  
00:33:31.169 --> 00:33:37.049  
So, I'm going to give you a couple minutes to do this activity.

186 "Christyna" (254329088)  
00:34:17.049 --> 00:34:37.789  
See.

187 "Christyna" (254329088)  
00:35:11.429 --> 00:35:31.429  
Okay.

188 "Christyna" (254329088)  
00:35:31.429 --> 00:35:40.529  
Okay, so again, I'm not going to make you sharing necessarily what the practice was that you.

189 "Christyna" (254329088)  
00:35:40.529 --> 00:35:59.189  
What challenging or replacing but I am curious and I would love your feedback on what you noticed in both this activity and the last 1 in terms of what your response was to doing the activity. What did you notice? What did you notice, um, what's happening in your mind? What did you notice was happening in your body?

190 "Christyna" (254329088)  
00:35:59.189 --> 00:36:03.989  
If you are willing to share that with me today.

191 "Christyna" (254329088)  
00:36:03.989 --> 00:36:23.989  
That'd be very curious.

192 "Christyna" (254329088)  
00:36:43.989 --> 00:36:49.169  
Sure.

193 "Christyna" (254329088)  
00:36:53.219 --> 00:36:56.429  
Uh.

194 "Christyna" (254329088)  
00:36:56.429 --> 00:37:10.319  
As well, at this point, I have left it open more so to answer your questions and also to give you a bit more individual response.

195 "Christyna" (254329088)  
00:37:10.319 --> 00:37:26.069  
2 things that you kind of were thinking, okay, so this 1 says, I don't really like, calling out myself images or practices uncomfortable. It is uncomfortable. It is uncomfortable to explore.

196 "Christyna" (254329088)  
00:37:26.069 --> 00:37:46.069  
How you feel about your body, or what you believe about your body that it is 1 of the things that we've learned over time is that because our body is the thing that the body that we're existing in is the thing that is the closest to us, uh, it takes the brunt of the negative or.

197 "Christyna" (254329088)  
00:37:46.069 --> 00:37:50.939  
Multiple feelings that we and have it as people. Um, and so oftentimes.

198 "Christyna" (254329088)  
00:37:50.939 --> 00:38:06.959  
When I'm doing this work with clients, that is where they really start to get uncomfortable to sort of when they're starting to explore like, this is what I believe about my body. This is what I feel about my body, because they become very aware that. That's not how they feel about other people's bodies.

199 "Christyna" (254329088)  
00:38:06.959 --> 00:38:20.100  
They become very aware that what they're believing for themselves. They would not apply to other people and that that conflict feels very uncomfortable. And also, as they really start to look at it.

200 "Christyna" (254329088)  
00:38:20.100 --> 00:38:40.100  
Um, this sort of surface thing here at the top really gives us space to sort of dig down a little bit deeper right. To get to those core beliefs. Um, cause the thing that you believe about your physical body, right? Uh,

I don't like insert body part here. I feel uncomfortable with X. Y, or Z. there's a core belief underneath that.

201 "Christyna" (254329088)  
00:38:40.100 --> 00:38:51.870

And a lot of those core beliefs sort of center around, I do not feel lovable. I feel unworthy. I do not feel I deserve nice things in life. Uh, I believe to be a burden. Um.

202 "Christyna" (254329088)  
00:38:51.870 --> 00:38:58.800

And the work that we do as people that shows up in our body image to, um.

203 "Christyna" (254329088)  
00:38:58.800 --> 00:39:10.290

Manage that belief that core belief if you will so, yes, it can be very uncomfortable to sit with this, but I encourage you to sit with it. Uh, and.

204 "Christyna" (254329088)  
00:39:10.290 --> 00:39:21.630

To sit with that discomfort, but then also to practice doing things after you're feeling uncomfortable that will help you come back out of that discomfort. Right?

205 "Christyna" (254329088)  
00:39:21.630 --> 00:39:41.430

So, whether that is, you know, lighting a candle, so that, you know, you've got this nice smell in your space or journaling or listening to music. That helps you feel really good. Just before I did this, I turned on some height music helped me get into the, to the Headspace to give this presentation. Uh.

206 "Christyna" (254329088)  
00:39:41.430 --> 00:39:48.660

And after this, I will also do a bit of self care, uh, because that's just the kind of girl that I am. Um.

207 "Christyna" (254329088)  
00:39:48.660 --> 00:39:57.900

Doing so doing those nice things after you sat with this discomfort will also help repair that body image to show that it's okay for you.

208 "Christyna" (254329088)  
00:39:57.900 --> 00:40:04.500

To explore this to sit with this discomfort, but then also to take care of yourself afterwards because the whole point of this.

209 "Christyna" (254329088)  
00:40:04.500 --> 00:40:07.680

Is for you to take care of yourself um.

210 "Christyna" (254329088)  
00:40:07.680 --> 00:40:14.130

With the hopes that you learn and internalize that I deserve to be cared for.

211 "Christyna" (254329088)  
00:40:14.130 --> 00:40:18.690

Did you do deserve to be careful if you get nothing else out of this? You deserve to be careful a friend.

212 "Christyna" (254329088)  
00:40:24.870 --> 00:40:29.310

Any other questions related to body image or body.

213 "Christyna" (254329088)  
00:40:29.310 --> 00:40:33.930

Focus practices, or the intersectional aspects of this.

214 "Christyna" (254329088)  
00:40:45.570 --> 00:40:52.800

Okay, I see a hand raised.

215 "Christyna" (254329088)  
00:40:57.810 --> 00:41:00.960

Loren, what would you like me to do with this Henry?

216 "Allender, Lauren" (2933892608)  
00:41:06.487 --> 00:41:16.830

If anyone has a question, they can submit their question via the slideshow panel to the right of the content screen under the participant's panel.

217 "Allender, Lauren" (2933892608)  
00:41:16.830 --> 00:41:24.634

So, we can give another 2 minutes or so for that. If anyone wants to submit any, any questions.

218 "Christyna" (254329088)  
00:41:24.634 --> 00:41:28.560

Um, I am much kinder to myself.

219 "Christyna" (254329088)  
00:41:28.560 --> 00:41:48.560

And others, or? No, excuse me, I am much kinder to others than myself. Yes, I refer to this as the unicorn fallacy where the rules apply the rules of humanity apply to the other people, but they don't apply to you when, in fact, they do apply to you, you deserve just as much kindness as those other.

220 "Christyna" (254329088)  
00:41:48.560 --> 00:42:01.710

People the ones that you were expressing, both the kindness and compassion and empathy, all that kind of compassion and empathy play that to yourself. You are just as deserving of that kind of compassion and empathy as they are.

221 "Christyna" (254329088)  
00:42:01.710 --> 00:42:09.510  
Those things are not something to be earned. Right? Kindness. Compassion. Empathy are not things that we earn as people.

222 "Christyna" (254329088)  
00:42:09.510 --> 00:42:24.030  
They are a part of our basic human existence. The person who had their Henry is, I would love to answer your question if you will.

223 "Christyna" (254329088)  
00:42:24.030 --> 00:42:44.030  
Pop that in there.

224 "Allender, Lauren" (2933892608)  
00:42:53.209 --> 00:43:04.030  
We'll give another minute or so to allow for questions to be submitted just keep in mind. If you have something you would like to comment on or a question. Please submit your question via the panel to the right of.

225 "Allender, Lauren" (2933892608)  
00:43:04.030 --> 00:43:26.690  
Content screen under the participant panel.

226 "Christyna" (254329088)  
00:44:45.769 --> 00:44:59.430  
Um, here, this was the question was submitted, is there a website or resources that can help with the additional body practices for that? I would recommend the book.

227 "Christyna" (254329088)  
00:44:59.430 --> 00:45:07.710  
Your body is not an apology. There's also a workbook that comes with at a companion workbook. I think that that 1, um.

228 "Christyna" (254329088)  
00:45:07.710 --> 00:45:18.270  
I, it's by Sonia, Sonia Taylor I think she did a wonderful job of exploring body focus practices that happen within cultures. Um, and.

229 "Christyna" (254329088)  
00:45:18.270 --> 00:45:24.810  
What it means to explore them and decide what isn't isn't for you um.

230 "Christyna" (254329088)  
00:45:24.810 --> 00:45:44.810  
If you see me turning my head, that's because it's on a bookshelf over there it is a wonderful book. And I've used that both in individual sessions, and I've also used it in a group practices where we are as a group doing some of the, the exploration questions that she has asked. Um, so that you can so that, you know.

231 "Christyna" (254329088)  
00:45:44.810 --> 00:45:50.070



You, and the people in that group can explore kind of where they're at and what they believe are experiencing.

232 "Allender, Lauren" (2933892608)

00:46:07.561 --> 00:46:13.860

And we'll allow just another minute in case. There are any additional questions. Anyone would like to ask. We feel free to send them now.

233 "Christyna" (254329088)

00:46:37.361 --> 00:46:45.150

Okay, if I don't keep track, I'm not taking care of myself. If I do keep track, I may be overdoing it.

234 "Christyna" (254329088)

00:46:45.150 --> 00:46:57.450

I'm going to ask a clarification question just so that I understand what's happening here. When you say keep track. Are you talking about keeping track of, like, what you're doing in your day like, movement nutrition? Because if that's the case.

235 "Christyna" (254329088)

00:46:57.450 --> 00:47:17.450

Um, what about the way that you're keeping track feels like you're leads you to overdo it right? So, is it the, um, the writing down of every single individual more so that you're putting in your body? That feels like, okay, if I'm doing this, this leads me down a path that feels really uncomfortable.

236 "Christyna" (254329088)

00:47:17.450 --> 00:47:35.070

Is that the use of apps to track this where it is giving you a lot of unhelpful feedback that feels like okay, this is not really helping me be where I need to be um, cause I think, you know, the happy medium is going to be different for different people, I would sort of assess.

237 "Christyna" (254329088)

00:47:35.070 --> 00:47:38.160

What.

238 "Christyna" (254329088)

00:47:38.160 --> 00:47:53.310

Which parts of this are helpful in which parts are not. So, is it helpful for you to know? Like, yes, I had breakfast lunch and dinner. Yes, I did move my body today and if that's the case. Okay. Then, is that, like, a little check box in your.

239 "Christyna" (254329088)

00:47:53.310 --> 00:48:12.720

Uh, in your planner, where you're like, yeah, breakfast, check lunch, checked in a check. Um, is that, you know, blocking something out in your calendar that's like, here is my designated lunchtime. Here's breakfast time. Here's dinner time a designated, you know, time to go, move your body. You know, if that's however that looks for you, um.

240 "Christyna" (254329088)  
00:48:12.720 --> 00:48:32.720

It's something that still is like, yes, this is happening, but not so detailed that you are being led in a direction that is not helpful for you. Um, or is it just the tracking in general that feels unhelpful? Um, usually I say less is more in this scenario. So again, if it's just like, little check boxes on your to do list, that is like.

241 "Christyna" (254329088)  
00:48:32.720 --> 00:48:42.360

Yes, I had my water for today check or, you know, putting it in your calendar. Um, some people really enjoy those apps that are like, um.

242 "Christyna" (254329088)  
00:48:42.360 --> 00:48:56.070

I've seen them before where it's like, oh, I drank, you know, you know, I drink a sufficient amount of water and each time I drink water, it waters a little plant and that gives people motivation and makes them feel happy without them. Feeling like.

243 "Christyna" (254329088)  
00:48:56.070 --> 00:49:06.450

Um, without them feeling like, they, you know, are doing something wrong if they don't do that. Um, okay. Yeah, so you answered that.

244 "Christyna" (254329088)  
00:49:06.450 --> 00:49:26.450

Question you gave me the context yes. An interest in tracking apps. I oftentimes say that for most people for some people, nutrition and tracking apps doesn't necessarily get in the way of them doing what they need to do, or get in the way of them living their life for most people having that much information ends up being unhelpful. It's a information overload and so I usually.

245 "Christyna" (254329088)  
00:49:26.450 --> 00:49:33.240

Back and I'm like, let's just put something somewhere, whether it's on your calendar in a planner. Um.

246 "Christyna" (254329088)  
00:49:33.240 --> 00:49:38.760

You know, just a little checklist somewhere that like, did I did I do those things? Did I have my breakfast lunch and dinner?

247 "Christyna" (254329088)  
00:49:38.760 --> 00:49:50.460

Did I have, you know, did I move my body but then also checking to make sure that you got all your macro nutrients? Because I wouldn't be a dietician if I didn't say it. Did you get your card fats and proteins? Um.

248 "Christyna" (254329088)  
00:49:50.460 --> 00:50:10.460

Without having to go so deep into the details on the numbers of the things because I would imagine that maybe the numbers are the thing getting, in the way, which is why I will pull back and just say, like, did I get this meal? And did this meal have the things that I needed protein if I didn't get that meal what can I do to help myself? Get that nutrition? Because I still need it.

249 "Christyna" (254329088)  
00:50:10.460 --> 00:50:18.450

Even if I somehow missed that meal, that typically seems to help my clients kind of find that happy medium of like.

250 "Christyna" (254329088)  
00:50:18.450 --> 00:50:21.810

I'm I'm making sure that I'm getting it done.

251 "Christyna" (254329088)  
00:50:21.810 --> 00:50:29.970

But I don't have unnecessary or unhelpful information numbers wise, but also, I think of it, like, training wheels in that.

252 "Christyna" (254329088)  
00:50:29.970 --> 00:50:49.970

In theory, the more you practice getting in the routine and the rhythm of yes, I had breakfast. Lunch dinner yes, I had all my carbs fat protein. I moved my body. It felt good. You won't necessarily need to track it. It will be a part of your rhythm and your routine. It will feel like it's flowing from you as opposed to something you're having to.

253 "Christyna" (254329088)  
00:50:49.970 --> 00:50:56.280

Force yourself to do. Um, so, ideally, that would be kind of what I would suggest to recommend.

254 "Allender, Lauren" (2933892608)  
00:51:12.390 --> 00:51:21.600

There are no additional questions at this time. Thank you so much for attending. And thank you, Christina for sharing your presentation with us today.

255 "Allender, Lauren" (2933892608)  
00:51:21.600 --> 00:51:30.600

If you have specific questions about any of the information discussed today, please contact the eating disorder team by calling the number on the back of your signature insurance card.

256 "Allender, Lauren" (2933892608)  
00:51:30.600 --> 00:51:41.610

Please mark your calendar to join us on Tuesday, March 26th we're Carly will be presenting on the topic of to move or not smooth in eating disorder recovery.

257 "Allender, Lauren" (2933892608)  
00:51:41.610 --> 00:51:46.440

This concludes our February eating disorders presentation Thank you. And  
be. Well.

258 "Allender, Lauren" (2933892608)  
00:51:46.440 --> 00:51:53.460  
Okay.