

FOOD & MOOD

COACHING

WEEK 10 – LOVE YOURSELF

WELCOME TO **WORKSHOP 10**

This week the focus is on two very important components of success: self-care and body positivity. We can care for our self physically through nourishing our body, and mentally through nourishing the mind, including how we think and feel about ourselves, and taking time specifically in the day to rebalance and rejuvenate.

01. BODY POSITIVITY

One of your journal activities for this week is to take a picture of yourself and take note of the following as you look at the picture:

1. Your general thoughts and feelings that came up.
2. What you say and think to yourself when you look at or think about certain physical parts of your body.
3. In general, were your thoughts/feelings more positive or negative?

Note: If you haven't completed this OTA yet, that's ok. Imagine you are looking at a picture of yourself now to complete the activity.

In pairs, take turns to share/discuss each of your responses in relation to the above three points.

If you noticed you tended towards more self-criticism and less self-compassion, take the one area of your body you are least positive about and ask your partner to help you flip your perspective to find what you could/do love about that part of your body.

You might start by thinking of all the gifts that your body gives you, for example, legs to run, arms to hug, a face to kiss and smile with – have fun with this!

02. ACTIVE & PASSIVE SELF-COMPASSION

1. Recall a situation that you are having difficulty with at the moment. Write it down here [Space to write]
2. Come up with at least one self-compassion action for each of the three aspects of passive and active self-compassion. Write your answers in the action columns in the table below
(complete in your own time if needed)

Passive Self Compassion		Active Self Compassion	
Aspect	Action	Aspect	Action
Comforting: What can I do to take care of my emotional needs?		Protecting: What can I do to stop myself experiencing hurt from myself or others?	
Soothing: What can I do to make myself feel physically calmer?		Providing: What can I do to give myself what I need?	
Validating: What can I say to myself to validate my feelings?		Motivating: How can I motivate myself with kindness, support and understanding, rather than criticism?	



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03. ANCHOR (LONG EXHALE) BREATHING

Find a comfortable space to partake in this week's group breathing exercise. If time permits, note how you feel mentally, physically, and emotionally immediately following this exercise.

