

NATIONAL

EATING DISORDER AWARENESS WEEK

ACCEPT your natural size.

21st

Remember that healthy bodies come in all shapes and sizes.

Practice your right to Define beauty for yourself

23rd

Challenge societal ideals of beauty. Recognize that media images do not represent reality

Clothe your body in comfortable clothes you like right now

25th

Not tomorrow. Not next year. Now.

22nd

make a list of your inner qualities.

What do you like about yourself that has nothing to do with your appearance?

Listen to your body's signals about hunger

24th

Eat when you are hungry and stop when you are full.

don't weigh your self-esteem

Reisist the presure to judge yourself and others based on size, weight, or shape.

27th

Get Educated:

www.something-fishy.org

www.campaignforrealbeauty.com

www.realwomenproject.org

www.edap.org

CAPS

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