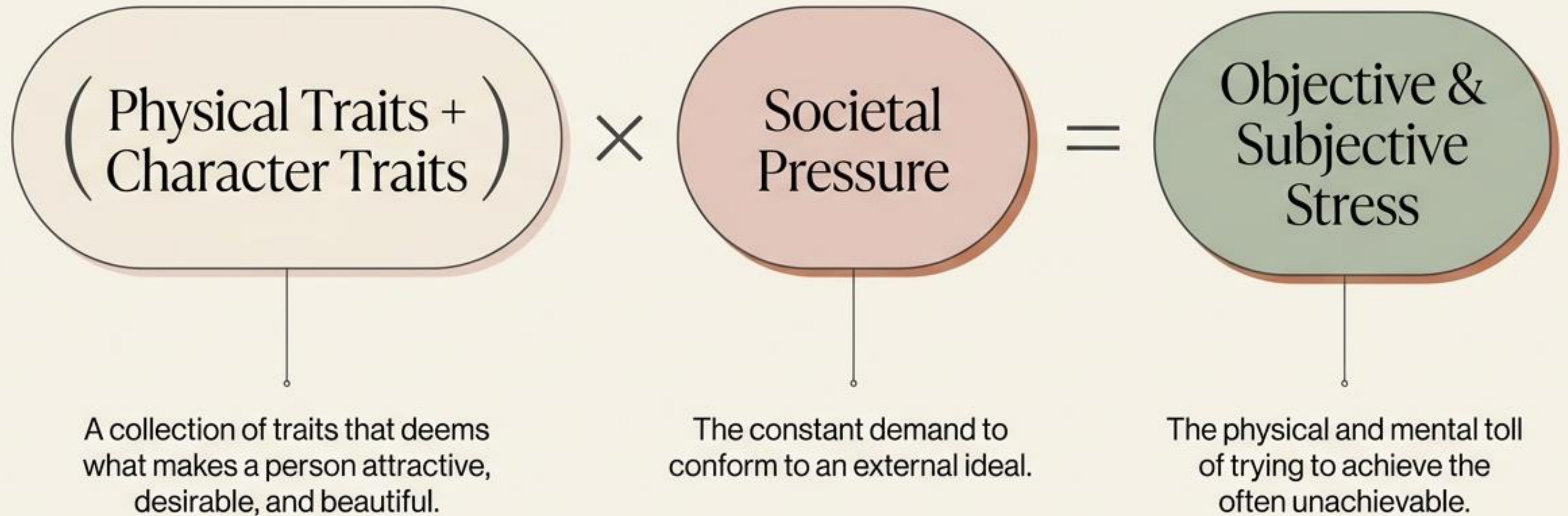


# Body Image Healing





# The Construct of Beauty

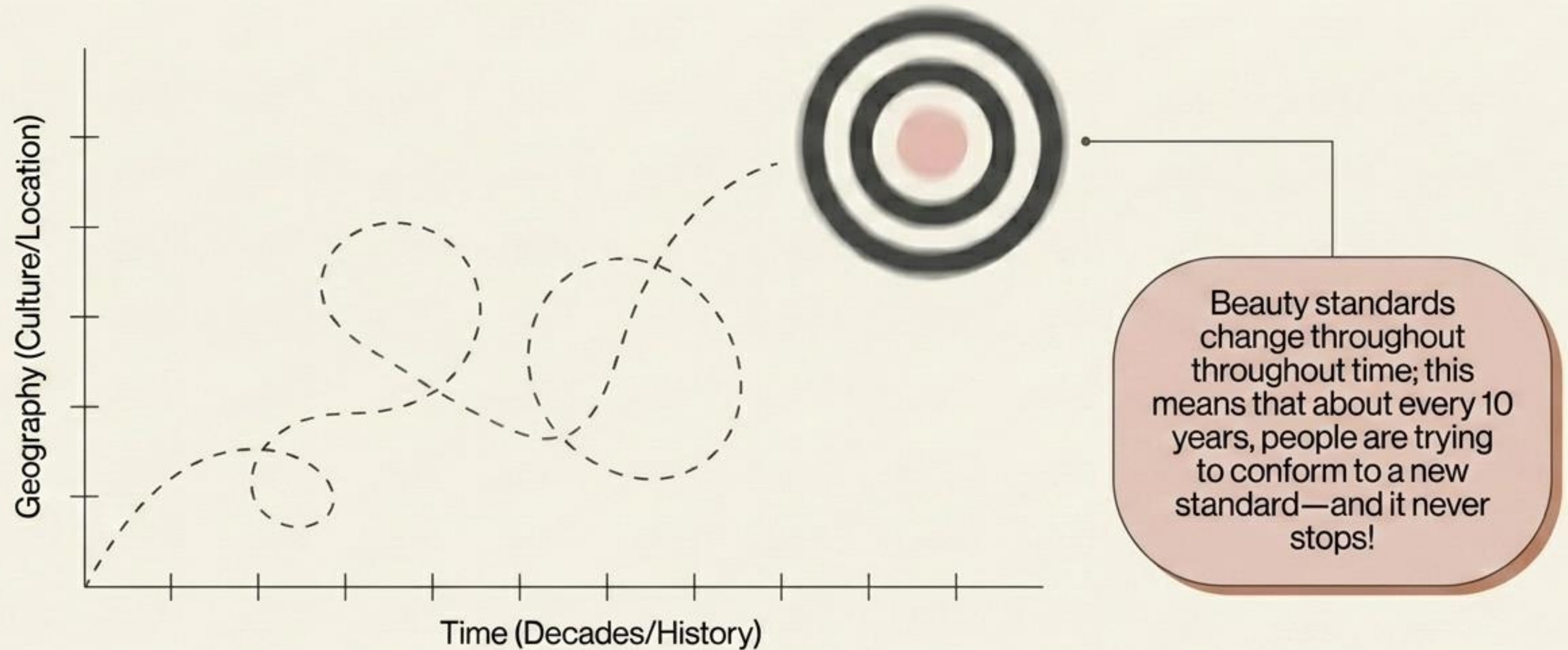
## The Illusion

- Presents beauty as a fixed, static objective truth.
- Suggests the ideal body type is universally achievable with enough effort.

## The Reality

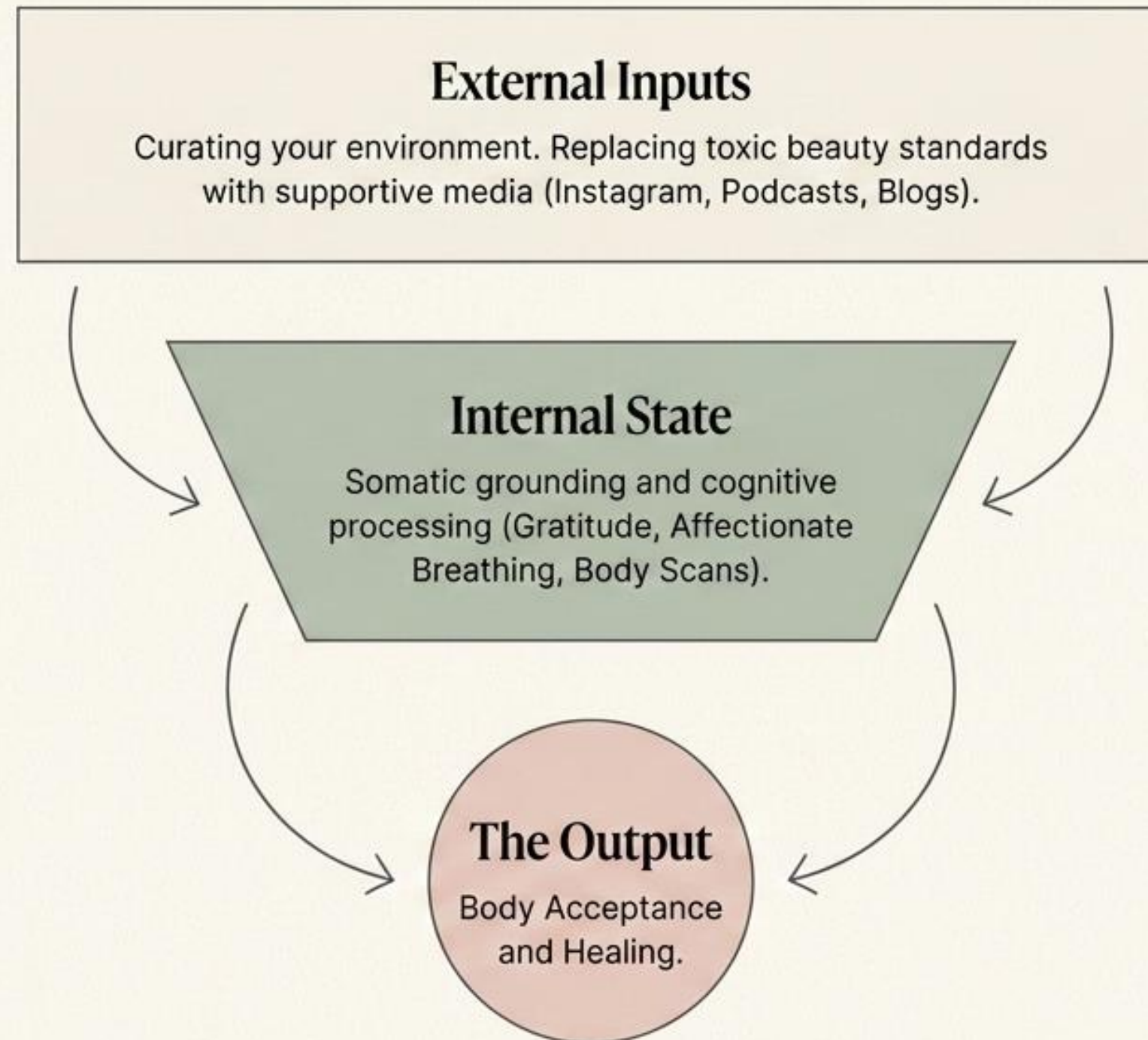
- Beauty is a purely social construct.
- Standards differ drastically depending on where you are in the world.
- Ideals fluctuate constantly throughout history, guaranteeing the standard is inherently unachievable for most.

# The Moving Target



(References historical shifts seen in Women's Ideal Body Types Throughout History and How Beauty Standards Differ Around The World).

# Cultivating a New Landscape



# Supportive Inputs: Curating Your Feed

@theeverybodyproject

@effyourbeautystandards

@stephanieyeboah

@bodyimagewithbri

@mynameisjessamyn

@jennifer\_rollin

@saucye\_

@bodybravecanada

@intuitiveeatingrd

@joseesovinskyrd

@dietitiananna

@your.latina.nutritionist

@peacefullynourished

@the.balanced.dietitan

@meredithnoblecounseling

@whitneytrotter.rd

@aliciamccarvell

@haes\_by\_asdah

@center4bodytrust

@bodyimage\_therapist

@decolonizing\_fitness

@thenutritiontea

@meganjaynecrabble

@diet.culture.rebel

@drmorganfrancis

@fat.mermaids

@beauty\_redefined

@themindfuldietitian

@marcird

@louisegreen\_bigfitgirl

@foodpeacedietitian

@moderationmovement

@ybicoalition

# Shaping the Algorithm: Hashtags to Follow

#haes

#bodybrave

#takingupspace

#allbodiesaregoodbodies

#losehateandweight

#sizediversity

**#bodyacceptance**

#sizediversity

#bodypositiveathletes

**#selfworth**

#bodypositiveathletes

#haes

**#antidiet**

#antidiet

#losehateandweight

#sizediversity

#bodybrave

# Deepening the Narrative

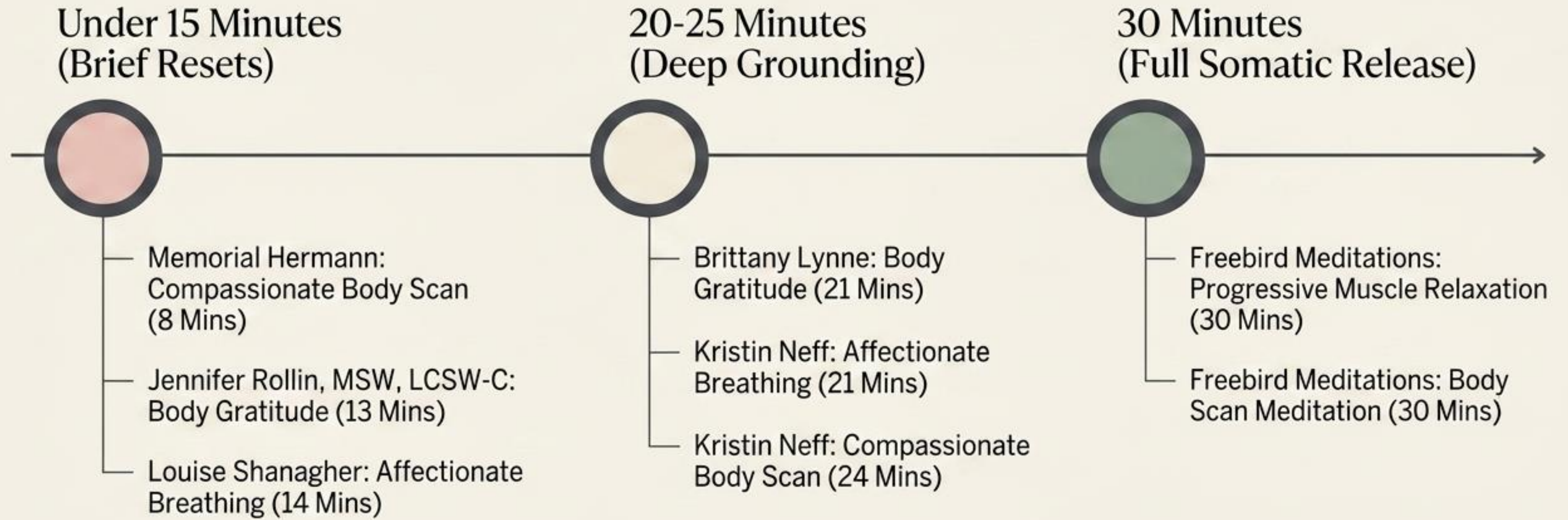
## Podcasts

- ▶ Food Psych (Christy Harrison)
- ▶ Nutrition Matters (Paige Smathers)
- ▶ Body Kindness (Rebecca Stritchfield)
- ▶ Life. Unrestricted (Meret Boxler)
- ▶ Love, Food (Julie Duffy Dillon)
- ▶ Dietitians Unplugged (Glenys Oysten and Aaron Flores)

## Blogs & Essays

- 📖 Grieving the Thin Ideal (Meredith Noble)
- 📖 Examining the 12 Good Fatty Archetypes (Stacy Bias)
- 📖 Adipositivity
- 📖 Dances with Fat (Ragen Chastain)
- 📖 Lose Hate Not Weight (Virgie Tovar)
- 📖 The Militant Baker (Jes Baker)

# The Somatic Menu: Body Image Meditations





Healing is not about fixing your body. It is about changing the landscape of what you consume, how you reflect, and where you place your worth.

Curated for your ongoing journey toward body acceptance.