

1

REFLECT & STAY CURIOUS

Ask yourself...

- "What is going on for me in this moment?"
- "Is something making me feel stressed? Lonely? Anxious? Feel out of control?"

2

NAME EMOTIONS DIRECTLY

Instead of....

"I feel fat. This outfit makes [X body part] look too [X]."

Try...

"I'm nervous about today's presentation, & I am worried people will be judging my body."

We can name & identify our feelings, instead of commenting on, or criticizing, our bodies.

3

PRACTICE COMPASSION & PLAN NEXT STEPS

Sit with the emotion, **without** judgement

Talk to someone you **trust** about what triggered the feeling

Journal or draw about what you are feeling

Distract to get through the moment and come back to it later

Visit [NEDIC.ca](https://www.nedic.ca) to access support through our confidential helpline or live chat!