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Tips for Making Peace with Food and Your Body

1. **Throw away the scale.** It is a demoralizer. Besides, it can't tell you anything you don't know from your clothes.
2. **Do not diet.** For every diet, there is an equal and opposite binge.
3. **Fight back against "food fear" by freeing your kitchen.** Have all the foods you love in your kitchen. No you won't go on an endless binge.
4. **Eat mindfully.** Pause to check in with your body and your fullness.
5. **Check in with yourself and be aware if you start to override your body's signals.** Are you acting out of habit, are you using food to feel better? If the answer is "yes" to using food, just pause, and sit with your experience before you reach for more food.
6. **Cook for yourself, even if you are cooking for others.** Cook foods you love and enjoy eating!
7. **Put away that "body judgment."** It takes some time and effort, but you can re-train your eye and look for other kinds of beauty – it's fun and there's a lot to discover.
8. **Find an exercise/sport you love!**
9. **Wear what you love.** Not what looks slimming — not just black. Close your eyes, imagine your favorite colors, feel of fabrics — have fun and find what gives you pleasure.
10. **Make a list of things that give you pleasure and be sure each week includes some of those things.**

Most important --- Lighten up! Not your Body – your Mind.

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