

everyBODY has value!

Rather than tying your worth and value to your physical appearance, it is important to appreciate and respect all that your body does for you. The concept of body neutrality is neither loving nor hating your body, but rather honoring its functionality.



shifting your mindset

Use these strategies to build a great relationship with your body and food.

Try not to...

- Assign a moral value to food by calling it “good” or “bad”
- Make statements about what you “should” or “should not” eat

Try to...

- Remember all foods are morally the same, but nutritionally different
- Consider the benefits various foods can provide to you



honor your hunger & respect your Fullness

Listen to your body’s cues for hunger and fullness by identifying if you feel:

Really Hungry = headache, irritability, feeling faint, weakness

Gently Hungry = twinge or pang in stomach, energy drop, lack of concentration, thoughts of food

Comfortably Full = feeling of satisfaction, peacefulness, food starts to taste less good

Really Full = stuffed, stomach discomfort, sleepiness

Try to separate eating from other activities by minimizing distractions of TV, your phone, and school work.

resources

UVA Office of Health Promotion

For nutrition counseling with a registered dietitian, call (434) 924-1509.

The Body Positive Program

The Body Positive Program at the Women’s Center seeks to educate, raise awareness, and spread the message of radical self-love on Grounds. The team offers group sessions of the Body Project to discuss body image and promote a healthy body positive mindset. For more information, check out:



Teaching Kitchen

Hoo’s Cooking offers nutrition education and culinary classes to build skills and knowledge in food preparation, budgeting, and nutrition. Check it out here:



HOO? KNEW!

82% of UVA undergraduates agree that the UVA community looks out for one another.*

*From the February 2022 NCHA with responses from 1040 UVA undergraduates.



how to help a friend

If you have a friend struggling with their relationship with food, validate how your friend is feeling.

Ask permission casually before you approach the topic:

- “Are these thoughts about food taking up a lot of head space right now?”
- “It seems like what you’re going through is really tough. Would you like a hand finding some resources?”

Also, know when it’s time to reach out: National Eating Disorders Association (NEDA): (800) 931-2237.

If you get an email to take the Spring Health Survey, please do! Your input provides the data you see in the Stall Seat Journal!

Must be at least 18 years of age to participate. IRB-SBS 3024.

podcasts

Try listening to a podcast to learn how to make peace with food and learn body acceptance. We suggest:

- The Food Heaven Podcast
- Food Psych Podcast with Christy Harrison
- Body Kindness with Rebecca Scritchfield

Visit our Resources Page for more!

Tip: Show yourself compassion! Recognize that it takes practice and time to make lasting change.



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Feel free to take me home the week of March 13th!