

EduClips: Bite-Sized Learning Moments

Building Confidence when Working with Body Image

Where to start and how to navigate
body image with your client

Jamie Magdic (she/her)

Learning Objectives

- **The Importance of Body Image Work**
- **How to assess and stay in your scope/comfort zone to make the most impact and practice from a harm reduction approach**
- **Important pillars to practicing safe, effective, individualized support**
- **Beginniner Tools and where to get started**

Jamie Magdic

- Registered Dietitian Nutritionist
- Founder of Side By Side Nutrition (12+ RD Outpatient Practice based in CO)
- Creator/Author of “True Food and Body Image Freedom for everyBODY workbook and journal”
- Buisness Coach at Blissful Biz



What has GREATLY impacted the way I help others do body image work is my learning and accumulation of knowledge and experience over the years while working with body image. My work one on one with clients, mentors, supervisors, and other dietitians, has greatly shaped the way I work with body image.

My knowledge/work combines and utilizes the currently available body image research that we have. I love science and research as it is super needed and helpful for so many reasons. With this, there are a few things to note about body image research.

Body image research is difficult to study because it involves many different areas of the brain- so it is very difficult to research! Limiting due to the complex nature of body image- so many complex factors that contribute to and affect our body image. It is EXTREMELY nuanced! Narrowed and not inclusive in who is studied! Most studies use cisgender language and study similar identities- white, and cisgender. There is a lack of diversity in the research and we need to change this.

Note: Although this research is very helpful and we can pull from this to support our journey, I want to emphasize that we are not research. We are complex, unique humans with complex unique experiences. We want to always use our lived experiences and internal guiding power throughout the journey as we explore this research that is included.

My intent is to be inclusive. That does not mean I can guarantee impact but I am dedicated to continuing to listen and alter and improve my work and change anything that may be unhelpful or harmful. My work is created with what I think can be helpful to EVERY identity and person to explore and I believe what we go over can help everyone. However, as much as I try to make this inclusive, my work is not all-inclusive. It can't be. Not with this topic. And not with only a handful of people speaking to the content.

With that, I am committed to: Seeking out feedback and supervision to better my work.

Why we should NOT shy away from body image work...

- It is integral throughout all of treatment
 - Impacting nutrition
 - Impacting therapeutic work
- If not you talking about this, who?
 - White Elephant
 - Hot Potato
- You are qualified and you can!



How to assess and stay in your scope/comfort zone to make the most impact and practice from a harm reduction approach:



- Assess your knowledge, education, comfort
- Harm reduction
- Be mindful of scope
- Continue Learning and Get Supervision

How to assess and stay in your scope/comfort zone to make the most impact and practice from a harm reduction approach:

- Client Centered (a place of exploration)
- Don't Assume
- Open and Consistent Communication
- Window of Tolerance
- SUDs Scale
- Ask Permission
- Autonomy
- Advocacy
- Human-ness
- You don't need to have all the answers
- Collaborate with treatment team



Where to Start/Timeline

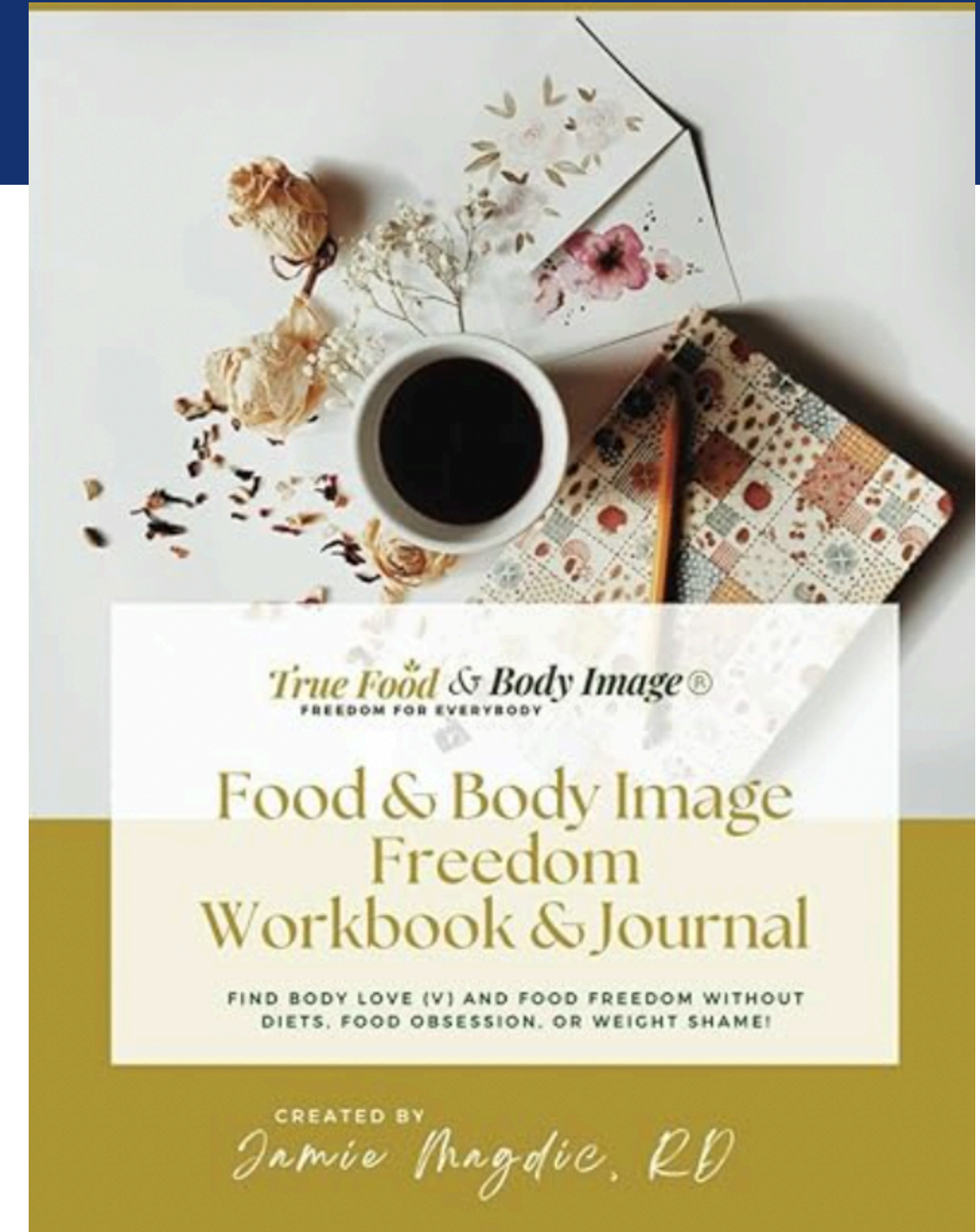
LET'S DIVE IN- EXPLORING MINDSET, EXPECTATIONS, AND INTENTIONS

- 01 Introducing Exploration of Expectations/Intentions + Body Image Spectrum
- 02 Defining and Understanding "what is body image/body image journey"
- 03 Setting our intentions for our body image journey moving forward + our lives
- 04 Deep Dive into your your relationship with your body history, experiences, and timeline

IDENTIFYING/DECREASING NEGATIVE BODY IMAGE BEHAVIORS AND BUILDING BODY TRUST AND RESPECT

PART 1: Learning and Unlearning: Identifying/decreasing Negative Body Image Behaviors

- 01 Brain Science
- 02 Body Hate/Shame
- 03 Moving from Body Hate/Shame to Body Tolerance/Respect
- 04 Body Tolerance
- 05 Introducing Body Respect
- 06 Building Body Trust
- 07 Diet Culture
- 08 Exploring your Relationship with Weight and Size
- 09 Body Attunement



AVAILABLE ON AMAZON

Where to Start/Timeline

PART 2: True Food Freedom

- 01 Nutrition 101 and Misconceptions / Myths
- 02 Breaking down restriction, dieting, and disordered eating
- 03 The New Way of Eating (Making Peace with Food)
- 04 Bonus Material

PART 3: Undoing and doing: Taking Action to Build Body Trust and Respect

- 01 Body Movement
- 02 Body Checking
- 03 Negative Body Image Behaviors as Emotion Regulation
- 04 Body Image Exposures

CELEBRATING AND CULTIVATING BODY APPRECIATION, FUNCTIONALITY, AND FLEXIBILITY

- 01 Beauty as a Concept
- 02 Media/Social Media exploration, clean out, and revamp
- 03 Building a Supportive Environment + Building Boundaries
- 04 Body Sanctification
- 05 Body Functionality
- 06 Body Appreciation and Gratitude

POSITIVE ACCEPTANCE, INNER BEAUTY, AND BODY COMPASSION

- 01 Practicing Body Acceptance
- 02 Inner Positivity
- 03 Self Compassion
- 04 Body Positivity

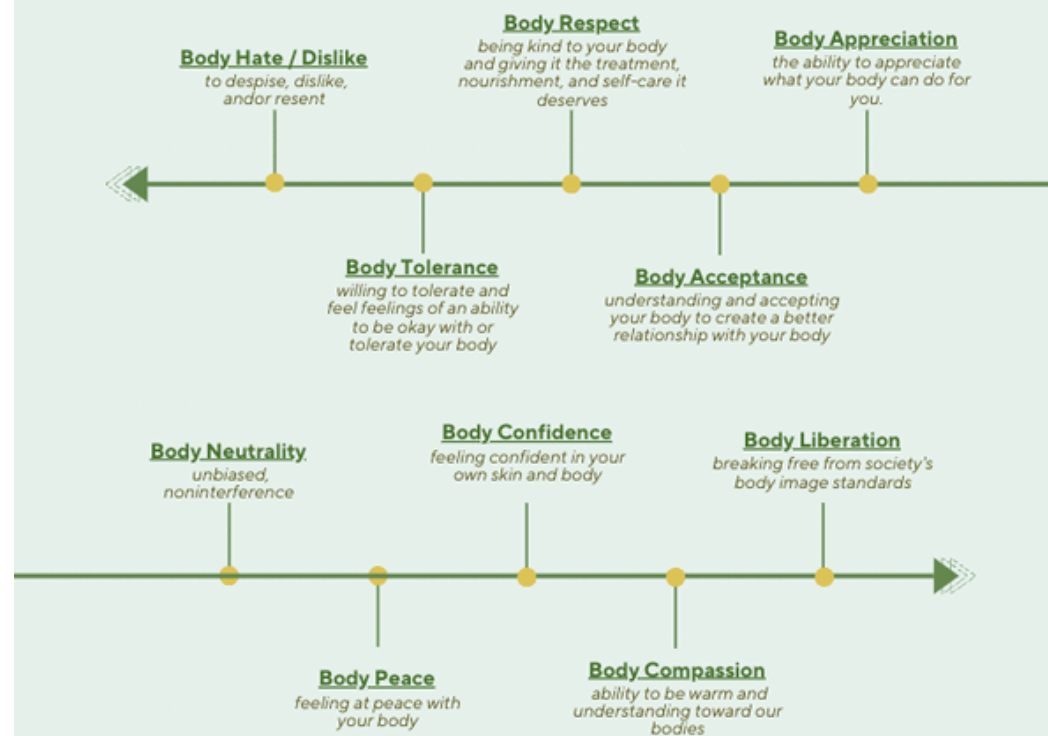
Beginner Tools

Body image is fluid. We can exist in moments on all different parts of this spectrum in just one day! We also can exist in two spots at once!

OBJECTIVE

The objective of this activity is to explore how we experience and move along the spectrum!

BODY IMAGE SPECTRUM

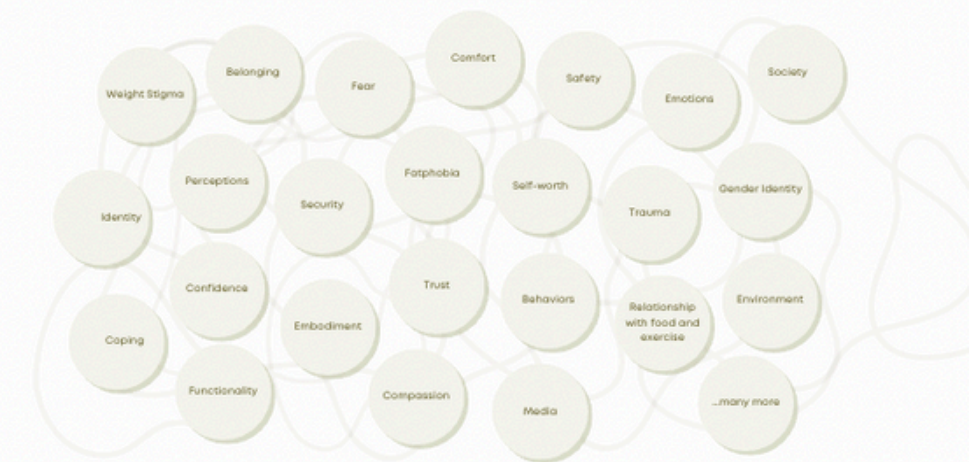


WHAT IS BODY IMAGE?

Okay, so then what is body image work?



This model shows the complexity of all that makes up Body Image!



What stands out to you from the model above?

Body Image can be thought of four different Aspects. Let's go over the Four Aspects:

- The way you see your body is your perceptual body image.
- The way you feel about your body is your affective body image.
- The way you think about your body is your cognitive body image.
- The behaviors you engage in as a result of your body image are your behavioral body image.

PERCEPTUAL

- How do you perceive your physical appearance when you look in the mirror?
- Do you focus on specific aspects or features?
- Do you compare your body to others?
- How does this comparison affect your perception of your own body?

AFFECTIVE

- How do you feel about your body on a daily basis?
- Are these feelings generally positive, negative, or neutral?
- What emotions arise when you think about your body image?
- How do these emotions impact your self-esteem and overall well-being?

Now let's talk about what body image is not!

MYTHS and MISCONCEPTIONS:

It is a must to call out all the Misconceptions and Assumptions that can hold us back in our journey. It is important to speak to the nature of the work because we often have a picture of what this will/should look like that will affect the exploration and journey. This is important because the picture that you paint of what the journey would look like will impact every step of the journey as well as the ultimate destination. Let's examine the following five misconceptions.

Myth: *You must change your body and/to change your body image.*

- It is NOT true that in order to change your body image that you have to first change your body, whether that is through weight loss, weight gain, or whatever you are feeling is your "body ideal." This myth is so commonly believed, promoted, sold, and fed to us- your body is the problem creating problems in your life and everything would be better if you changed your body or appearance!
- Your body is not the problem.

Myth: *Body Image work is simple, quick, and can be a one-size-fits-all cure.*

- Body Image work is not easy. The nature of body image work is complex, nonlinear, and messy.
- We will always have a body and therefore we will always have a relationship with our body and changing body image.
- We will consistently inhabit a physical body, and as a result, our connection with our body evolves in response to our diverse life experiences and how we perceive our body as it undergoes transformations over time.

Date: / /

SMTWTFS

INSTRUCTIONS:

In either a narrative or collage-like format, chronicle a timeline of events and experiences in your life that contributed to your body image.

OBJECTIVES:


Gathering an understanding of the factors that contributed to body image can be helpful in understanding your body. (refer to garden metaphor)

AS YOU DO, HERE ARE SOME THINGS TO CONSIDER:

- When was the first time you became aware of your body?
- Have you experienced Body shame in the past? How?
- What were your parents' caregivers' family figures' friends' relationship with their bodies?
- What society's messages have you received growing up?

BODY TRUST

Notes & Education Reflections



Instructions

This information is designed for the Body Trust modules. If you've purchased the journal independently and are not enrolled in the program, please be aware that the content in the "Reeducation" section is a very condensed overview/outline of the education covered in the program. The intention behind this brief explanation is to provide foundational knowledge. However, I highly recommend delving through additional research to gain a more comprehensive understanding of topics such as diets, body size, fatphobia, and Health at Every Size (HAES). This will empower you with valuable insights for your journey with your body and food. As you learn, make notes, ask questions, and take note of what resonates with you. Then, after completing the specific Body Trust topic, take time to reflect on the questions provided.

SPOT DIET CULTURE IN EVERYDAY LIFE

OBJECTIVE
The purpose of this activity is to see how it is all around us!

DIRECTIONS
For each category, spot how you see diet culture!

CATEGORIES

TV ADS

TV SHOWS

BOOKS

MOVIES

MAGAZINES

IN CONVERSATIONS WITH FAMILY AND FRIENDS

The Health at Every Size® (HAES®) Approach

Notes

What are your initial reactions to the material?

INTERNALIZED AND EXTERNALIZED WEIGHT BIAS OR STIGMA

OBJECTIVE: To reflect on your externalized and internalized weight stigma. Check all that apply or that you have experienced!

EXTERNAL WEIGHT STIGMA:

- ☐ Bullying based on weight
- ☐ Hurtful comments from family or friends
- ☐ Employment discrimination
- ☐ Negative stereotypes portrayed by the media

BIAS BELIEFS EXPERIENCED FROM OTHERS BASED ON WEIGHT:

- ☐ Unattractive
- ☐ Lazy or undisciplined
- ☐ Greedy
- ☐ Personally to blame for any health issues they experience
- ☐ Less deserving of success or love

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Signs that you at/around YOUR IDEAL WEIGHT

These are some general signs that may indicate you are at an ideal weight for your body. It's important to note that everyone's body is different. Circle the signs that you experience!

| | |
|---|--|
| Normal Heart Rate: Eating enough helps maintain a healthy heart rate at rest, reflecting overall cardiovascular health. | Stable Energy Levels: You may experience consistent energy levels throughout the day without significant fluctuations or crashes. |
| Optimal Blood Sugar Levels: Maintaining stable blood sugar levels can be important for overall metabolic health. | Regular Menstrual Cycle: Having a regular menstrual cycle may be a sign that your body is functioning well. |
| Good Immune Function: Adequate nutrition and your healthy weight can contribute to a well-functioning immune system. | Good Sleep Quality: Achieving restful and consistent sleep is often associated with getting enough nutrition and being at your ideal weight. |
| Balanced Hormone Levels: Maintaining your ideal weight can contribute to balanced hormone production, which plays a crucial role in various bodily functions. | Absence of Extreme Food Cravings: Having an inclusive and balanced diet can help prevent intense cravings for specific foods, as your body is receiving the nutrients it needs. |
| Normal Body Temperature: Your body's ability to regulate temperature within the normal range can be influenced by overall health and weight. | Balanced Mood: Nutrient deficiencies, including those from under-eating, can affect mood. If you're generally in a positive and balanced mood, it may indicate proper nutritional intake. |
| Ability to Concentrate and Focus: Proper nutrition supports cognitive function. If you can concentrate and focus well, it may suggest that your brain is receiving the necessary nutrients. | Healthy Skin, Hair, and Nails: Proper nutrition supports the health of your hair, skin, and nails. If they appear healthy, it may be an indication that you're getting adequate nutrients. |
| Adequate Stamina and Endurance: Being able to engage in physical activities without excessive fatigue from lack of nutrition and enough weight may suggest that your body is well-supported at current weight. | Adequate Strength and Muscle Mass: Consuming enough protein and calories supports muscle maintenance and growth. If you have sufficient strength and muscle mass, it suggests proper nutrition. |
| Consistent Digestion: Regular bowel movements and a well-functioning digestive system can be indicative of good overall health. | Stable or Gradual Weight Stabilization: When your body receives sufficient nourishment and attains its preferred state, your weight will either stay constant or experience gradual changes over time. It's crucial to recognize that variations associated with aging, hormonal shifts, and other processes are inherent aspects of the body's ongoing journey. Our bodies change. |



The rule of thumb is to eat every 3-4 hours. To help do this, pick from the following two methods/meal plans to help you start eating more regularly!

Bathing
Dressing
Grooming
Managing Medications
Eating
Shopping
Housework
Laundry
Managing Finances

The purpose of this activity is to raise awareness around when you body check, how and how often you body check, how it affects your mood, and the trends you see as body checking increases and decreases

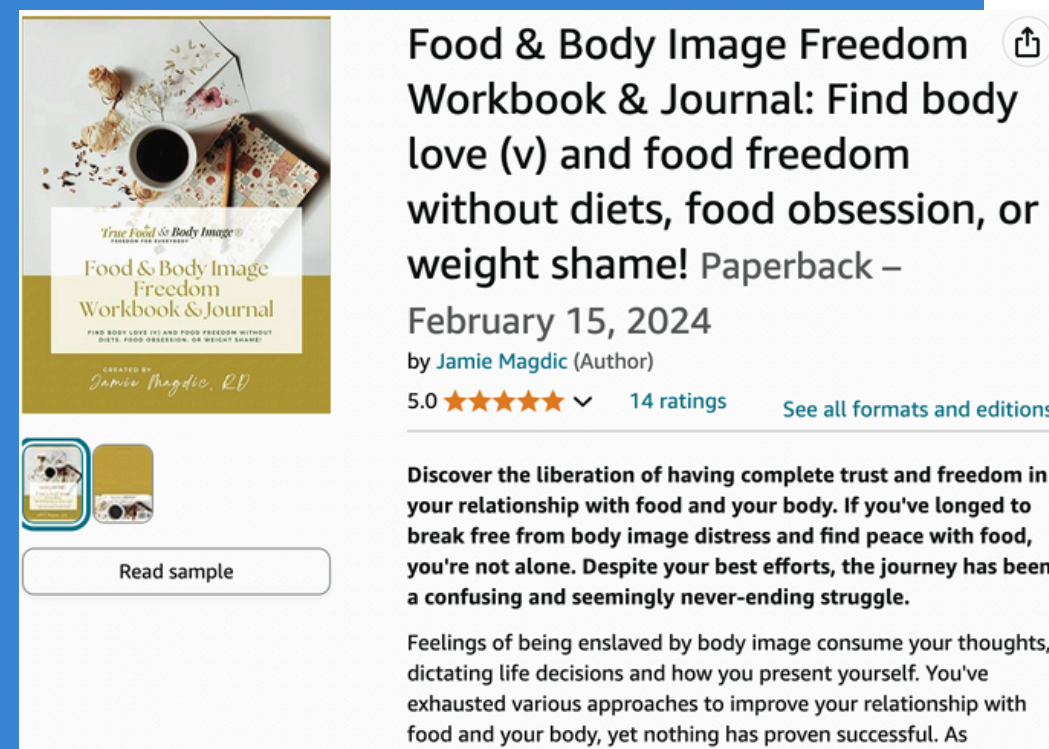
Thank You!

Contact Information

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You can find body checking and other body image activities in my [workbook/journal!](#)