



PATHWAYS TO RECOVERY

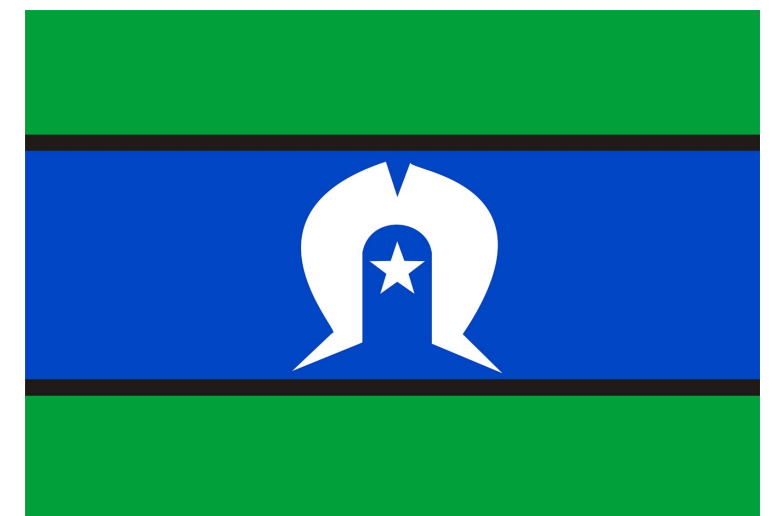
Week 3

BODY & SELF • BUTTERFLY FOUNDATION

Acknowledgement of country

We acknowledge the Traditional Owners of the Country from which we connect today, and extend our acknowledgement and respect to all Aboriginal and Torres Strait Islander cultures across Australia.

Butterfly recognises Aboriginal & Torres Strait Islander Peoples' continuing connection to the land, and pay respect to all Elders - past, present and emerging. We celebrate Aboriginal and Torres Strait Islander cultures and knowledges which strengthen and enrich the heritage of all Australians, in particular within the mental health space.



Our weekly group guidelines



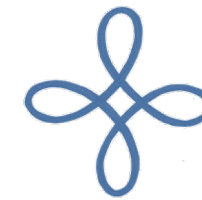
Be on time.

Our groups start strictly to time.



Respect differences.

Try to focus on similarities



Recovery focused.

Encourage one another toward hope



What we say here, stays here.

Maintain confidentiality



Avoid advice giving.

Try to just listen



Avoid triggering.

Do not refer detailed ED behaviours



Taking turns.

Be mindful of the length of time you speak



Keep camera on.

Respect the comfortability of everyone



Stay present.

Try not to multitask.
Stay engaged

Keeping others safe when sharing your lived experience with safe language

Avoid sharing details about specific ED behaviours

"Engaged in X activity X times a day"
"Purged X times a week"
"Weighed myself X times a day"
"Consumed X calories"

Don't include measurements and metrics

Weight
Calorie intake/outtake
BMI
Waist/body measurements

Avoid words that can carry judgement

Avoid words such as "skinny", "obese" or "thin"
Opt for words and phrases such as "living in a smaller/larger body"

Be mindful of stigmatising language

The word 'sufferer' sometimes implies 'victim' in the minds of many people

Avoid sharing anything you think someone with an ED would copy or compare themselves to

Safety Measures

- Use your breath and try to self-soothe, if possible staying in the group on Zoom.
- If you need some time off, please let us know in the chat and turn your camera off.
- If you feel you need extra support, send a private chat message to the co-facilitator.



Body & self

Week 3

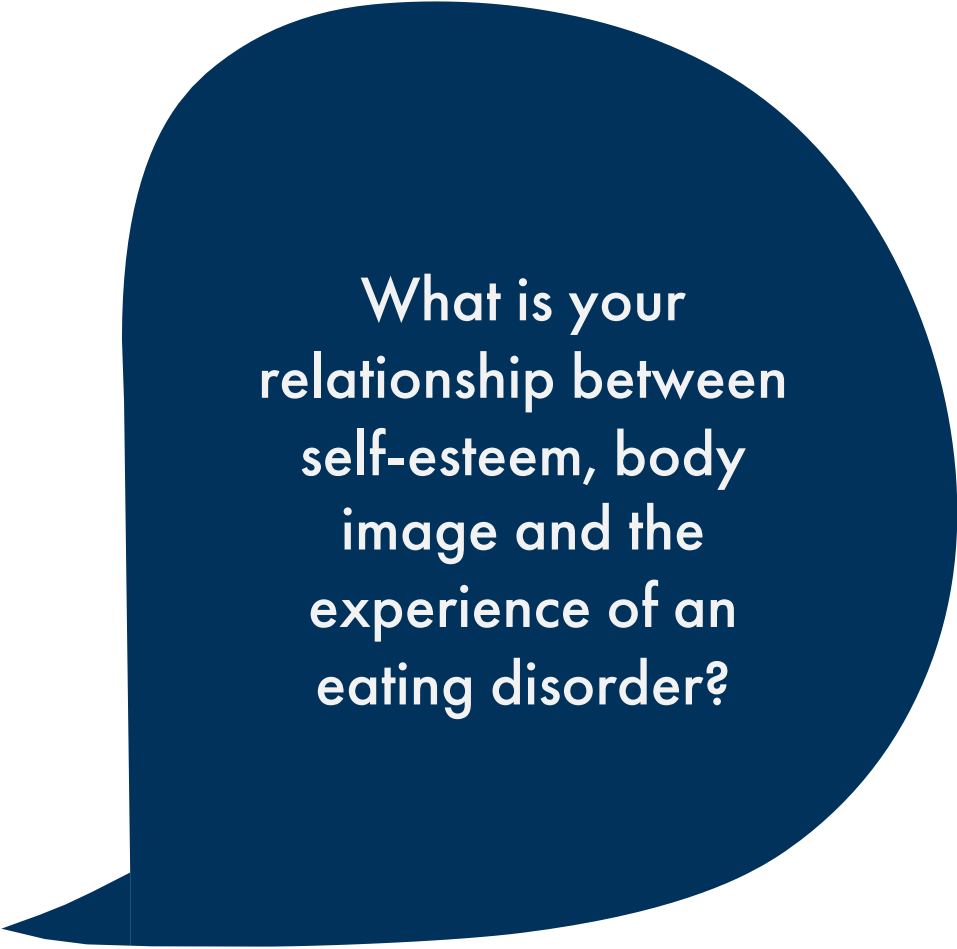
- Reflection on Body Image & Self-Esteem
- External Factors Influencing Our Self Image
- Understanding the Parts of Self – Helpful Self/Unhelpful Self
- Strengthening the Helpful Self

Self esteem journal prompts

- What is self-esteem?
- How does our self-esteem develop?
- What maintains our self-esteem?

Body image journal prompts

- What is body image?
- How does our body image develop?
- What maintains our body image?



What is your relationship between self-esteem, body image and the experience of an eating disorder?

External factors which influence self-image

Name one external factor which influences the way we see ourselves

Why does it exist?

How does it work?

How does it influence our society?

Who benefits from it?

Parts of self:
Critical or unhelpful self
Nourishing or helpful self



Externalising noticing the two parts

Part of me
doesn't want
to get better

Part of me
wants to
get better

I am enough just
as I am and
nourishing my
body is important

I wouldn't say
that to someone I
love, and I am
worthy of love

I don't have to
love my body,
but I can treat it
with respect

People are
looking at
or judging
my body

Other
people can
live like that,
but I can't

I haven't
done enough
today to earn
that

How to identify the unhelpful self

What are some things you do and say to yourself or others when the unhelpful self/critical self becomes stronger?

Strengthening the helpful self

What my eating disorder/disordered eating does for me:

1.

2.

3.

For each point reflect on

- Evidence to support or not support this
- Benefit vs. the price I pay

Strengthening the helpful self

Nurturing-Self Statements Examples

- I am more than my body. I don't love people because of their bodies.
- Even though I don't like the way my body looks, it's not ok to hurt or abuse it.
- If purging is the problem, it can't be the solution. I want to find real solutions.
- I don't have to react. Try to do three other things first before engaging in a behavior.
- Unless my body needs food, eating is not going to fill up my emptiness.

Intention for the week ahead