



PATHWAYS TO RECOVERY

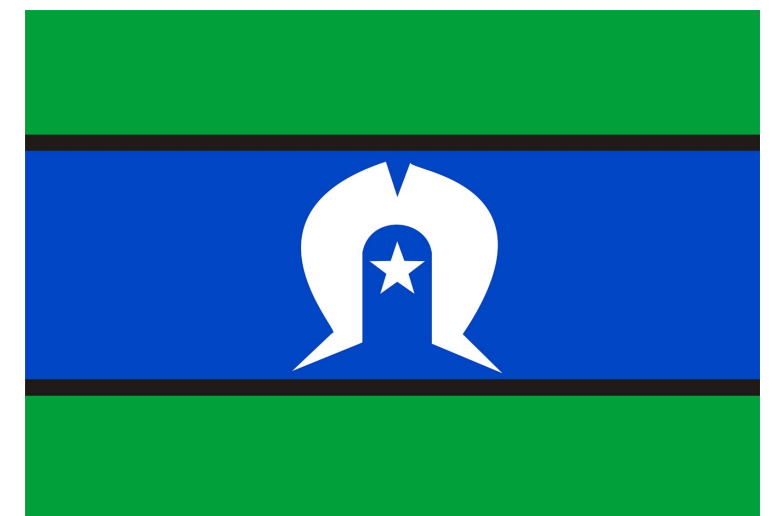
Week 7

MOVEMENT & MEANING • 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



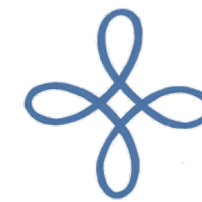
Be on time.

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.



Movement & Meaning

Week 7

- Beliefs that Influence Movement
- Movement Guidelines
- Cultivating Meaning
- Mindful Breathing Practice
- Exploring Your Values
- Visualizing Life Free from ED

Beliefs that influence movement

- What is the purpose of movement in our life?
- What motivates us to move our bodies?
- Do we have any beliefs around the amount or type of movement we engage with reflecting who we are as a person?
- What emotions come up for us if we think about doing the opposite to our current level and type of movement? Or simarely, finding the 'grey' choice in the black or white



Mindful & Intuitive movement guidelines

1. Rejuvenate the body, not exhaust or deplete it.
2. Enhance mind–body connection, not allow or induce disconnection.
3. Alleviate mental and physical stress, not produce more.
4. Provide genuine enjoyment and pleasure, not pain and dread.

Opportunity for reflection

If you were not moving for any other reasons than pure enjoyment, what 3 activities would you do?

Cultivating meaning

What are you recovering *to*?

“When recovered, you will not compromise your health or betray your soul”
But unless you have a connection to your soul/deeper self, why would that even matter?

– Carolyn Costin 8 Keys to Recovery pg. 220

Mindful breathing practice

- Focusing on our breath brings us into the present moment
 - Takes us out of our thoughts/head and into our body



Exploring your values

Accountability	Competence	Faith	Humility	Loyalty	Resourcefulness	Thrift
Achievement	Confidence	Family	Humor	Making a	Respect	Tradition
Adaptability	Connection	Financial stability	Inclusion	difference	Responsibility	Travel
Adventure	Contentment	Forgiveness	Independence	Nature	Risk-taking	Trust
Altruism	Contribution	Freedom	Initiative	Openness	Safety	Truth
Ambition	Cooperation	Friendship	Integrity	Optimism	Security	Understanding
Authenticity	Courage	Fun	Intuition	Order	Self-discipline	Uniqueness
Balance	Creativity	Generosity	Job security	Parenting	Self-expression	Usefulness
Beauty	Curiosity	Giving back	Joy	Patience	Self-respect	Vision
Being the best	Dignity	Grace	Justice	Patriotism	Serenity	Vulnerability
Belonging	Diversity	Gratitude	Kindness	Peace	Service	Wealth
Career	Environment	Growth	Knowledge	Perseverance	Simplicity	Well-being
Caring	Efficiency	Harmony	Leadership	Personal fulfillment	Spirituality	Wholeheartedness
Collaboration	Equality	Health	Learning	Power	Sportsmanship	Wisdom
Commitment	Ethics	Home	Legacy	Pride	Stewardship	Other
Community	Excellence	Honesty	Leisure	Recognition	Success	
Compassion	Fairness	Hope	Love	Reliability	Teamwork	

Exploring your values

Journal prompts

1. Is the eating disorder in alignment with my values?
2. Of my 5 values, which 2 do I consider my 'core values'?
3. What is one self-supportive action I could take in alignment with each of my core values?



What does your life look like free from an eating disorder?

Intention for the week ahead