



# EDENnews

NO 13 Autumn 2005

## *'Promoting Body Satisfaction'*

Welcome to EDEN's first newsletter for 2005... it has been an exceptionally busy start to the year... EDEN's website is in it's final editing stages and will be online within the next couple of weeks. We are very excited about the website, our aim has been to provide information about EDEN's approach to eating issues, the services we offer, and some proactive ways of promoting body satisfaction. We have included sections on services for individuals with eating issues, their family and friends. We also have sections on school based services and peer support, information for health professionals, tools for change (including promoting body satisfaction, developing body trust and body image boosters) and more. Importantly we will also have our newsletters available online in PDF format and we will be able to email out our newsletters in future. If you would like to receive newsletters by email please let us know and we will add you to our email mailing list and save ourselves the cost of a stamp! Either complete the form on the back page or email us directly on [info@eden.org.nz](mailto:info@eden.org.nz) and let us know.

Other news this month is that we are hosting a book launch for a book by David Epston, Richard Maisel and Ali Borden entitled '**Biting the Hand that Starves You: Inspiring Resistance to Anorexia/Bulimia**'. A percentage of the revenue from all books sold will be donated to EDEN. Please check out the enclosed flier for details on this event. There are also going to be some staffing changes here in April. Jane Tyrer is leaving after 12 years in the role. Jane is going to be staying on the EDEN collective and working with the new staff in a mentoring role. Ruth Wilson is also leaving EDEN after 8 years as our financial manager extraordinaire, again Ruth will be staying on the EDEN collective. We will have details of the new employees in our next newsletter.

Wee note from Jane

As I move into a more background role in EDEN and out of the coordinators role I have held for 12 years, I am incredibly grateful for the experience of working here. I have had the opportunity to grow EDEN from a cardboard box with a couple of books and a small amount of funding into an agency that I observe working with clarity, integrity and heart, employing a number of staff and with structures in place to enable us to grow into the future. At all the steps along the way I have been supported by the EDEN collective, who have provided encouragement, enthusiasm and friendship. My thanks to the EDEN collective members, past and present, who have supported me. My thanks also to the many women who have touched my life with their stories, courage and commitment. Thanks are also due to the people I have networked with and who have supported EDEN's work and growth. Wishing you all the very best. Jane

### Services we offer:

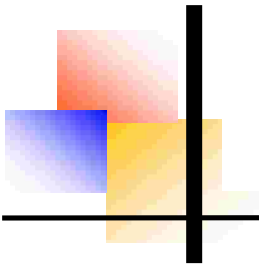
#### 1 Garnet Road, Westmere

- Telephone Support
- Support Groups
- Health Promotion Services
- Workshops
- Education & Information to schools, community groups, gyms, health professionals
- Services for Tertiary Students

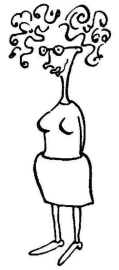
E-mail: [info@eden.org.nz](mailto:info@eden.org.nz)

EATING DIFFICULTIES EDUCATION NETWORK

1 GARNET ROAD, WESTMERE. PO BOX 78 005, AUCKLAND 2. PH 09 378 9039 FAX 09 378 9393



# Useful resources



We are often asked to provide people with information on useful books/websites etc. Here is a small (but inspiring) list of websites that you may find useful...

## Eating Disorders and Body Image Issues

<http://www.nedic.ca>

The National Eating Disorder Information Centre. Information and resources on eating disorders and weight preoccupation

<http://www.something-fishy.org/>

Something Fishy- An extensive (but fairly clinical) resource on eating disorders. (Great for links to other websites)

[http://www.nationaleatingdisorders.org/p.asp?WebPage\\_ID=337](http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=337)

National Eating Disorders Association - Great resources and general information about eating disorders, body image concerns, and prevention.

<http://www.narrativeapproaches.com>

Archives of resistance: narrative inspired anti-anorexia and anti-bulimia material.

## Resisting Dieting

<http://www.overcomingovereating.com/>

National Centre for Overcoming Overeating - Deals with Women's Campaign to End Body Hatred and Dieting and deals with issues surrounding overeating.

<http://www.bodypositive.com/>

Body Positive explores ways to feel good in the bodies we have.

<http://www.jonrobison.net/size.html>

Health at Every Size website debunks healthy weight myths. Excellent resource for health professionals.

## Media

<http://www.about-face.org/>

Excellent site. About-Face promotes positive self-esteem in girls and women of all ages, sizes, races and backgrounds through a spirited approach to media education, outreach and activism.

<http://loveyourbody.nowfoundation.org/index.html>

Love your body campaign provides information about a range of body image issues and the industries that create dissatisfaction. Fact sheets and ideas for change and activism.

## Size Diversity/Fat Acceptance

<http://www.radiancemagazine.com/>

Magazine for large women. Articles on size acceptance.

<http://naafa.org/>

National Association to Advance Fat Acceptance provides fat people with the tools for self-empowerment through public education, advocacy, and member support.



GETTING **THIN** IS **NOT** THE ANTIDOTE TO FEELING **FAT**

# Tools for Change: Body Image Boosters

- **Live life out loud** – dance, swim, wear shorts, enjoy a picnic, eat a donut – whatever size and shape we are.
- **Stop weighing** ourselves.
- **Stop dieting.**
- Don't put your life on hold until you reach your 'ideal' weight. **Do the things you've been wanting to do NOW.**
- **Be a whole person.** Achieve in other areas and refocus on things you enjoy.
- **Look at real people's bodies and faces** – the more we see a diverse range of people the less power 'created' images will have over us.
- **Practice guilt-free eating.**
- **Appreciate all that your body can do;** running, dancing, breathing, laughing, dreaming, etc.
- **Get physical for fun.** There are lots of ways to be active like throwing a Frisbee, going for a walk, swimming, rollerblading, playing beach cricket, yoga – anything combining movement and enjoyment that you will want to keep doing.
- **Keep a top-10 list of things you like about yourself** -- things that aren't related to how much you weigh or what you look like. Read your list often.
- When you **feel good about yourself** and who you are, you carry yourself with a sense of confidence, self-acceptance, and openness.
- **Surround yourself with positive people.** It is easier to feel good about yourself and your body when you are around others who are supportive and who recognize the importance of liking yourself just as you are.
- **Accept their compliments.**
- Every time you see a magazine article telling you to be thinner, exercise more or wear more flattering clothes – don't let it hang like a personal accusation – **ask what are they selling?**
- **Challenge 'stinking thinking'** (thinking in extremes – if I'm not thin then I'll be ugly)
- When you start giving yourself a hard time – **cut yourself slack.** No body's perfect.
- **Wear clothes that are comfortable** and that make you feel good about your body.
- **Accept your genes.** Look at family photographs and recognise family characteristics without judging them good or bad.
- **Do something kind for yourself** -- take a bubble bath, make time for a nap, find a peaceful place outside to relax.
- Think about all the things you could accomplish with the **time and energy** you currently spend **worrying** about your body and appearance. Try one!
- **Strut your stuff** – show the world your talents.
- **Educate yourself** – there are some great books to inspire us.



# EDEN

EATING  
DIFFICULTIES  
EDUCATION  
NETWORK



### Services & Support:

If you wish to access the services of EDEN, participate in a support group or visit our drop in centre, please phone us on 378 9039 or email us at [info@eden.org.nz](mailto:info@eden.org.nz)

### Resources from EDEN ...

Laminated 'Thank you for not talking about your diet' posters are available in several colours from the EDEN office. Various postcards are also available: 'Thank you for not talking about your diet', 'Why make your dreams weight?' and 'Obsession'.

### New Resource Available!

EDEN has produced some new luminous stickers—great for magazines in waiting rooms, at home, anywhere!!

Donations requested to cover costs.

**WARNING**  
 Exposure to stereotypical images may be hazardous to your body image

Food for thought??  
 For information contact EDEN  
 Ph 09 378 9039 or [www.eden.org.nz](http://www.eden.org.nz)

**EDEN is a non-profit organisation  
 reliant on grants.  
 Donations are appreciated.**



**Become a "Friend of EDEN" & receive our FREE quarterly newsletter**  
 To be added or removed from the mailing list please fax or post the following:

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Please tick one:**

- Please add my name to mailing list
- Please remove my name from mailing list
- Please email me EDEN newsletters in future