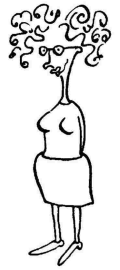


EDEN Highlights of 2006 and Plans for 2007



Maree was one of six recipients of a Vodafone NZ Foundation World of Difference Award, which will provide Maree's salary & expenses at EDEN during 2007. Vodafone says the award is given to nice people to work for a cause they feel passionate about. This year's focus was on supporting charities that benefit the lives of children and young people, with a commitment to helping, mentoring and inspiring our youth. The award was based on Maree's goals for EDEN which included establishing and developing a counselling service, supporting the extension of the BWISE youth project into more Auckland schools, and developing a robust funding strategy to take EDEN into the future.

EDEN was also the recipient of a donation from the Dove Self Esteem Fund and was part of Dove's campaign for Real Beauty. This has raised the profile of EDEN's work in the community. The funding will support EDEN initiatives in 2007.

Maree received scholarships to attend the Academy for Eating Disorders conference in Barcelona and the Australia and New Zealand Academy for Eating Disorders conference in Adelaide. These activities ensure that EDEN is up to date with cutting edge research on eating disorders and provides an opportunity for networking and EDEN representation with other clinicians and service providers.

EDEN celebrated Love your Body Day with a display of useful books and information about EDEN and body satisfaction at the Women's book shop in Ponsonby. Next year we hope to create a bigger event for Oct 18th.

Maree's is co-editing two books with colleagues in the UK, due to be published in the next two years. The first, *Critical feminist perspectives on eating and dis/orders* will contain a chapter about EDEN. The second will consider representations, identities and practices of body management. Both books will be written from a critical feminist perspective. EDEN will hold copies of both titles.

EDEN's perspective on eating issues and body satisfaction was represented in a chapter of *Feast or Famine: a New Zealand guide to understanding eating disorders*, by Karen McMillan. The book offers personal stories, information about eating disorders, and chapters on support and treatment options in New Zealand.

Preview – 2007 Where EDEN is heading

In 2007 we intend to grow our library resources, establish and develop a counselling service, support the extension of the BWISE youth project into more Auckland schools, and strengthen our funding strategy to enable EDEN to continue to grow. As well as continuing our existing support groups we aim to offer a support group for parents and other carers or loved ones to work with the issues that arise when caring for someone with an eating difficulty.

We hope to celebrate Diet free day on Saturday May 6 and Love your body day on October 18th. You may like to start planning ideas for how you might celebrate. See our website for more information on these days.

Maree will be attending the International Eating Disorders Conference in London in March 2007.



START A REVOLUTION
STOP HATING YOUR BODY

Distinguishing ME—A young woman's contribution

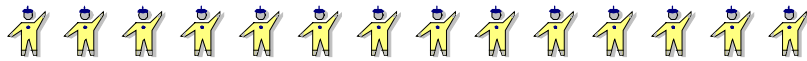
I ate a whole, normal portioned, piece of chocolate, fudge, cake in its entirety, 2 days ago. Some watched in disdain, "I don't eat sugar, THAT is sooooo unhealthy"; others commented in envious jest "you can have the whole cake and you still wouldn't fit my clothes". Little did they know, those remarks were only magnified a million times in the battlefield of my mind. Every bite could potentially make me explode, so "The Voice" says. But my Inner Self knew that every bite was a declaration to reclaim Me.

I slaved at the gym that morning. I didn't have breakfast or lunch. I was STARVING. But I knew full well The Voice wasn't going to allow me to eat that piece of cake, regardless of how hungry I was. I have come to see through some of the lies. Just as I knew It doesn't want me to ever feel thin enough, disciplined enough, or good enough. In fact, it told me I'm not even good enough to call myself "sick". Sometimes I wondered "good enough for who?".

I had dinner with friends last night. When everyone was full to the brim, I was still picking at the scraps. I looked enviously at my friends, longing for that satisfied and fulfilled feeling. I was physically full but inside, there is a gaping hole, in the shape of Me.

I am FAR from winning the war with disordered eating but at least I realised who I am fighting. Hunger is not my enemy. Binges are good impulses with messages from the body communicating something important each time. My body is the Resistance—working to revolt against the Diet Nazis.

For so many years, I've lived in desperation, desperate to be attractive, desperate to be good. I was mesmerized by society's promise that I would be "fixed" by being thin. But my inner self had finally had enough. It shrieked "No more". In this new year, I endeavour to find Me. Will you join me?



EDEN Support Groups beginning February 2007

The aim of these groups is to offer a place for women to meet, discuss and provide support for each other for a wide range of eating, body image and size acceptance issues. Our focus is on support, education and empowerment.

Introductory workshop to meet one another and decide if the group is what you are after.

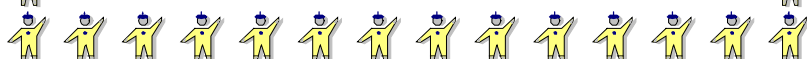
Ongoing facilitated support group meetings (10 weeks)

Contact EDEN for further information about waiting lists and costs.

Invitation

EDEN is planning to develop a volunteer database.

We are also inviting expressions of interest from people interested in becoming EDEN collective members. If you would like to be considered for either of these roles, please contact us and we'll be in touch with further details in the new year.



New EDEN Support Groups for 2007

Women with eating and/or body image difficulties (18—35 yrs-ish)

Introductory workshop

Ongoing facilitated fortnightly meetings 7—9pm

Parents/carers/friends support group

The aim of this group is to offer a place to meet, discuss and provide support for each other for issues that can arise when a family member, friend or partner has eating or body image issues. The details of this group are still to be finalised. Please contact EDEN if you are interested or would like more information.



EDEN

EATING
DIFFICULTIES
EDUCATION
NETWORK



Services & Support:

If you wish to access the services of EDEN, participate in a support group or visit our resource centre, please phone us on 378 9039 or email us at 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'.

Stickers Available

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

See EDEN's website or contact us for 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

**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:

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Making it through Christmas

and the holiday season

Like it or not Christmas comes around at this time every year, bringing for each of us our own unique accumulation of memories, associations, hopes, fears, disappointments, pleasures and stresses.

There's a strong connection between food and celebration and there is an expectation at Christmas that we celebrate by sharing food and festivities. This can be challenging if you are working through an eating issue, or someone in your family has an eating issue. Worrying takes up a lot of energy and time without any positive outcome. Instead you can develop your ability to cope by understanding your stressors, managing your fears, and strategising to deal with stresses.

Here are some ideas to experiment with for minimising Christmas challenges and dealing with stresses assertively

- Predict high stress times and places
- Do what you choose not what you 'should'
- Plan some time to nourish and replenish your own needs and sense of self
- If you will be on your own during Christmas, plan ahead to be with a supportive group or plan other ways to enjoy yourself
- Predict ways that you might feel uncomfortable during social occasions and plan ahead how you will deal with them.
- Practice how you will deal with people who say things that make you feel uncomfortable
- Practice and plan how you will challenge any negative thoughts. For example, challenge negative thoughts with positive thoughts
- Plan how you will deal with being around a lot of food

Before an event, tell yourself – I'm entitled to...

During the event, remind yourself – I can handle this...

After the event be kind to yourself – I did ... very well

Don't blame yourself for family or social conflicts. You are only responsible for your own actions and for taking care of yourself.

Strategies for making Christmas as pleasurable as possible

Create change

Christmas may be a time of obligation for some of us. Rather than a joyful time of celebration with people we enjoy being with, Christmas can become a round of gatherings, events and spending of money on presents because we think we 'should'. While we can't take the feeling of duty out of Christmas, we can put it in perspective and set some limits on our expectations of ourselves and others. If you use all your time and energy trying to make everybody happy, you are likely to come away exhausted and disappointed. Instead, how about giving some consideration to your own needs and feelings?

Change focus

Food doesn't have to be the focus of a social event. While Christmas is a time when the expectation is that sharing food is part of the celebration, people also meet to catch up, to talk, laugh, socialise, relax and have fun. If a focus on food is uncomfortable, you can try noticing how other people allow themselves to enjoy food. Perhaps allow yourself to try foods you wouldn't usually eat. Remind yourself it is natural to eat certain foods on special occasions. Or you can focus on connecting with people, enjoying yourself rather than trying to make the day 'perfect' or making every one else happy. If you're curious about developing body trust and learning to eat intuitively in the New year, then check out tools for change on EDEN's website www.eden.org.nz



Be assertive

Try letting other people know what you need or want. It is easy for others to make assumptions about what you want or how you feel. Communicating can make it easier to reduce the feeling of obligation. If others know what your preferences are they are more likely to take these into consideration. You may not be the only one feeling burdened by the expectations of Christmas socialising and it may be a relief to share this feeling with others.

Do something you enjoy

You may not be able to avoid social or family obligations at Christmas, but if these are challenging for you then aim to balance these with something enjoyable that is for you not for anyone else. You may wish to set a time limit on unavoidable Christmas activities so you can do something else you enjoy. Create your own opportunities for fun and relaxation, and rejuvenate yourself with pleasurable rewards for having got through the day. If you find socialising tiring, leave at a pre-planned time and take yourself for a walk on the beach or in the park. If you prefer to have some time alone then do so, as long as you enjoy it. If you will be alone during Christmas, plan an enjoyable activity or plan to meet friends or other people who are alone and share an activity together.

Give yourself a present

You know yourself better than anyone. Choose a present you would love to receive and give it to yourself. It might be fun to wrap it and place it under the tree.

Minimise Christmas stress of food and eating

You can do this by planning ahead, imagining what might happen, how you might feel, and planning strategies for how you will deal with it. Some examples to consider:
Offer to bring a contribution and make sure it is something you will feel comfortable eating.
Let people you trust know that this situation is stressful for you and tell them how they can support you.
Connect with someone you trust after stressful social engagements to debrief and unwind, even if it's a simple phonecall. Don't go straight home and brood. Reassure yourself you did okay in difficult circumstances.

Adapted from Eating Awareness Team (EAT) Christmas Edition Newsletter 2004

.....and finally

Christmas and New year are intended to be times of celebration and relaxation. Perhaps this may be a time to reflect on the previous year and to consider opportunities for change and possibilities for new growth. Christmas can also be a time for sharing together, for realising what is important to us, and for connecting with others and ourselves. Christmas may bring opportunities to eat and enjoy nutritious, delicious and celebratory foods and to focus on the pleasures of being with people we love and care about. It might also provide an opportunity to notice and appreciate the diversity of body shapes and sizes that exist, to review our own attitudes and values about body image and perhaps to become more accepting of ourselves as we are rather than as we think we ought to be. The holiday season also encourages us to take time out from the work or study year and focus on relaxing and enjoying ourselves. This offers the possibility of replenishing our energy and nourishing ourselves with relaxing, fun and enjoyable activities. This may be the time you (re)discover what inspires you, what your dreams or goals might be, and to consider what is holding you back from pursuing them. Maybe this will be the year you decide to begin following your dreams.

Best Wishes for the holiday season from the team at EDEN!!!