Exercise I: Mindset

I know it may seem silly that the first step in a movement practice doesn't require much physical movement at all...but getting to know your thoughts and taking the initiative to become aware of any unhelpful beliefs that may take up space in your mind, will always be the most important step.

We are going to be begin with silent reflection, however I am going to give you a direct question to ponder…

How would you describe your relationship to exercise and movement?

Set a timer for 5 minutes, sit comfortably somewhere in a safe space, take a few deep breaths and close your eyes.

When the time is up, Record your thoughts below

(Please be as honest as possible. This is your safe space to explore...no one other than you will read this unless you decide to share):

Phew...take a second to let that all sink in.
The thoughts you have just recorded can provide some pretty big insights into how you may want to proceed with constructing your movement plan. Our eating disorders can be nasty, so don't feel bad if some tough stuff came out.

Don't hesitate to reach out for support from a loved one or health professional f your feel the need. It is difficult but very important in healing to learn how to differentiate your authentic voice (they're in there!) from the voice of your ED.

@littlearthlings

@bykellymalka

The next step is to go back over the thoughts you have written down above and:

1. Label the healthy, productive thoughts that you would like to move forward with (aka your authentic voice).
2. Label the ED thoughts, which can be placed to the side.

<u>Take out a different colored pen if you have one and label or highlight the thoughts that you want to keep and cross out those that you want to leave behind.</u>

Space is provided below to summarize the ideas from above that you want to move forward with into the next step.

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____