



embodiment +
mindful movement
workbook

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embodiment

Embodiment is the ability to listen to your body's physical needs while also being accepting of your natural self. It integrates your mind, emotions, and body and helps you best serve your needs. It can be hard to accept your natural self, but remember that your body deserves to be taken care of, even on the days when you don't love it. In fact, one of the best ways to start improving your body image is to implement consistent self-care habits.

EMBODIED ATTUNEMENT

Embodiment is a life-long journey but can be achieved easier by focusing on internal and external practices that you have control over.

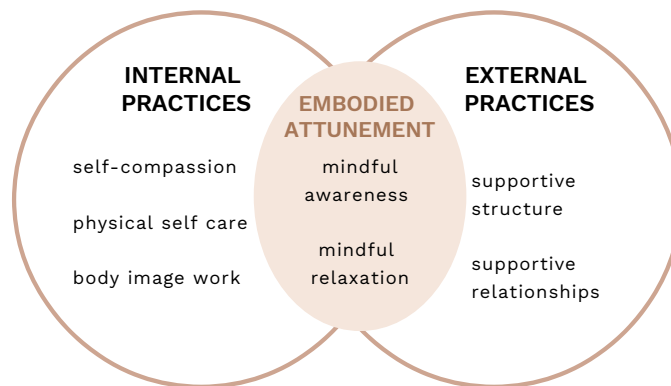
internal practices

self care, self compassion, and body image work

external practices

supportive environment & relationships

FLOURISHING WITH POSITIVE BODY IMAGE



ACTION TO TAKE:

- Does your current environment help you feel supported? What about your relationships? Take note of this.
- How can you build a more supportive environment where you can thrive?

self-care

When you hear the words self-care, you might think of long baths, face masks, or trips to the spa. While these are wonderful ways to take care of yourself, self-care is so much more. Self-care is simply doing what you need, rather than what you feel you should be doing. It's about getting to know what your own body needs to thrive. It covers many aspects of looking after yourself: your physical body, your mental health, and your emotional wellbeing.

Your self-care can change on a daily basis, depending on how you feel but it is generally built on the ideals that are important to you.

Self-Care through Nutrition

Good nutrition is self-care because your relationship with food has the ability to create a better sense of balance in your life. Through this process, you connect with your body in a balanced, healthful, and trusting manner. Eating becomes a practice that has moderation and variety as its core principles, not deprivation.

Intuitive Living Practices

- Grocery shop on a regular basis & chose food items that bring nourishment and satisfaction
- Prepare food items for a busy week to sustain your energy levels or buy premade items
- Incorporate a variety of colors to keep your body's nutrient stores replenished
- Prioritize health habits that keep you feeling your best & hold yourself accountable

Reminder: Self-care isn't about being selfish, it means you're giving your mind and body nourishment, protecting your energy, and fueling yourself to allow you to show up fully.

ACTION TO TAKE:

- Complete the self-care assessment to see what areas your self-care routine includes and what areas may need some love.
- Write out your ideal self-care routine and what it would look like on a daily, weekly, and monthly basis.

self-care routine

List any self-care acts you currently do at least once a month for each category below. Remember that self-care can be something simple like taking vitamins every morning or just singing in the shower. If you do it because it makes you feel good, relaxed, or helps to 'fill up your cup', write it down!

PHYSICAL
Nutrition, Movement, Appearance, Hygiene

EMOTIONAL
Mindfulness, Positive self-talk, Gratitude

SOCIAL
Connecting with others, Relationships

SPIRITUAL
Beliefs, Time in Nature, Reflection

BLOCKERS
What prevents me from doing more self-care?

self-care routine

Write down the self-care acts that you hope to do on a recurring basis, such as annual physical, weekly meal prep, or daily skincare regimen. Keep in mind that your self-care will differ from day to day based on your mood and needs, however it's helpful to have a few goals set in place that can motivate you to stay focused on your wellbeing.

ONCE A YEAR
I will...

EVERY MONTH
I will...

EVERY WEEK
I will...

EVERY DAY
I will...

self-care

FOR RELAXATION

- Take a bubble bath
- Try a guided meditation
- Sit quietly in nature
- Turn on a diffuser
- Light a candle
- Breathe deeply
- Try an adult coloring book
- Watch a funny movie

FOR EXPRESSION

- Do some journaling
- Listen to music
- Create a brain dump
- Draw or paint
- Sing in the shower
- Start a DIY project

FOR CONNECTION

- Call a friend
- Write a letter
- Meet a friend for coffee
- Play with a pet
- Compliment a stranger
- Join a new class
- Call a family member
- Volunteer

FOR HEALTH

- Schedule any needed check-ups
- Go for a walk or run
- Get some sun
- Make a healthy snack
- Take a nap
- Drink enough water
- Plan healthy meals for the week
- Create affirmations

FOR REJUVENATION

- Give away old clothes
- Sweat it out
- Organize your closet
- Commit to a positive habit
- Take a hot shower
- Get some fresh air

FOR COMFORT

- Bake cookies
- Wear soft, comfortable clothes
- Look at old photos
- Make your comfort food
- Burn a scented candle
- Watch a nostalgic movie
- Drink an herbal tea
- Wrap up in a warm blanket

mindful movement

This isn't about finding the "best" type of exercise based on what burns the most calories, makes you sweat the most, feels the hardest. It's about seeing all movement as equal. You should move your body in a way that feels best for you. Once you start to see the joy and benefits that come from moving your body, you'll find movement that you no longer dread or have to force yourself to do.

BENEFITS TO EXERCISE

INJURY PREVENTION

Developing a daily movement routine can keep muscles strong and joints, tendons and ligaments flexible, allowing you to move more easily and avoid injury. Strong muscles and ligaments reduce your risk of joint and lower back pain by keeping joints in proper alignment. They also improve coordination and balance.

ENHANCED IMMUNE SYSTEM

Movement improves your body's ability to pump the oxygen and nutrients around your body that are required to fuel the cells that fight bacteria and viruses. s

MOOD BOOST

The best movement for you is one that you enjoy doing and therefore will keep up. Incorporating daily movement stimulates the release of endorphins which make you feel better and more relaxed. These in turn improve your mood and lower your stress levels.

IMPROVE SLEEP

Incorporating movement into your daily routine has been shown to improve sleep quality. It increases the overall amount of time you spend asleep, as well as the amount of time you spend in slow-wave sleep. When you move more, your body wants to recover, and sleep in a good way of doing that!

mindful movement

how to schedule movement

1 Check-in.

Look at your week ahead and determine what expectations you need to have as far as movement goes for the week. You may have a really busy week at school or work or something big going on in your personal life. Keep this in mind as you map out your week.

2 Pick your movement.

Ask yourself what sounds fun and beneficial to do on a certain day of the week. Use the bank below to help you decide!

3 Schedule which days you plan to move your body.

Make a commitment to yourself and hold yourself accountable to see it through.

4 Make sure to schedule rest days.

Allowing your body time to recover from training is vital to physical health!

MOVEMENT BANK

- Walking
- Running
- Biking
- Strength Training
- Circuit Training
- Yoga
- Hiking
- Pilates
- Dancing
- Spin Class
- Swimming
- Kickboxing
- Playing outside

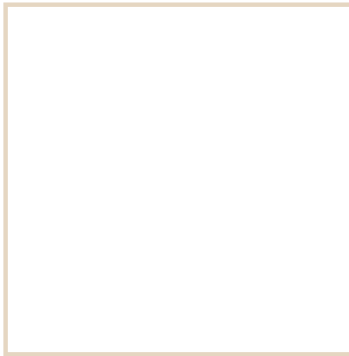
mindful movement

WEEKLY WELLNESS PLANNER

Monday



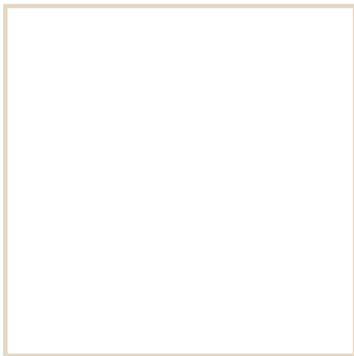
Tuesday



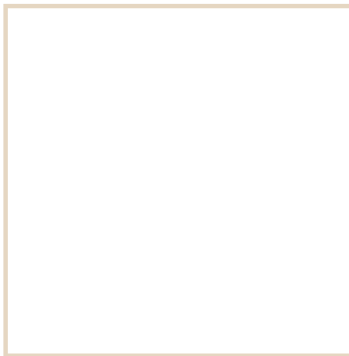
Wednesday



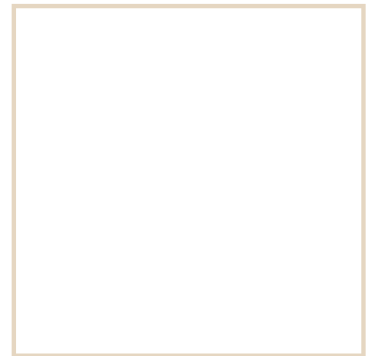
Thursday



Friday



Weekend



WEEKLY CHECK IN

Reflect on the previous week and see what you were able to accomplish and when you were forced to adapt. Ask yourself: What do you need to do next week to continue working towards your long-term goals?

body image mindset

The first step to re-establishing body trust is cultivating a positive mindset towards health and wellbeing. No matter how you feel about your body, you can still choose to respect it.

1 PRACTICE POSITIVE AFFIRMATIONS

Write down three positive affirmations on your daily to do list and put a post it note on your mirror "my body can be trusted" or your own favorite mantra.

2 LET GO OF THE SCALE - FOCUS ON HEALTH

Shift your focus towards the importance of sustainable health habits out of body respect verses coming from a place of shame about your body.

3 LIMIT NEGATIVE EXTERNAL INFLUENCES

Unfollow social media accounts that don't make you feel inspired. Having a feed that perpetuates a narrow or limited view of beauty & wellness can negatively impact your wellbeing. Unfollow anyone that you find yourself comparing to and add in a different view of health

4 WRITE OUT YOUR FAVORITE ATTRIBUTES ABOUT YOURSELF

Write out a top ten list of your favorite things you like about your body. This practice puts you in a mindset of thinking positively about yourself - something we are not often encouraged to do.

This list doesn't have to be exclusive to physical traits. We're all more than a body, so it's important to remind ourselves what personality and leadership traits we like about ourselves too.

RESOURCES FOR YOU

some of my favorite intuitive eating accounts to follow @thereallife_rd @thesweetlynourished @no.more.guilt @thewellful @real.life.nutritionist @dylanmurphy.rd @chr1styharrison

body image toolkit

● PODCASTS

- Nourishing Women
- Don't Salt My Game
- Food Psych
- RD Real Talk
- The F*ck it Diet
- Nutrition Matters
- Body Kindness
- Food Heaven

intuitive eating podcasts

- Drop the Diet: Intuitive Eating Series Introduction with Evelyn Tribole
- The Body Kindness Podcast: Intuitive Eating ; The history growth and impact with co-creators Evelyn Tribole and Elyse Resch

body image podcasts

- Body Kindness Podcast
- Food Psych Podcast: How to Stop Pursuing Weight Loss & Make Peace with your Body
- Nourishing Women: 10 Ways to Deal with a Bad Body Image Day

mental health podcasts

- Nourishing Women episode #55: Mental Health & Mindful Eating

PCOS podcast

- Nourishing Women: Gentle Nutrition Practices for PCOS

digestive issues podcast

- Nourishing Women: Disordered Eating as a Root Cause to Digestive Issues

● BOOKS

- Intuitive Eating by Evelyn Tribole and Elyse Resche
- Body Kindness by Rebecca Scritchfield
- Just Eat it by Laura Thomas

● WORKBOOKS

- The Intuitive Eating Workbook by Evelyn Tribole and Elyse Resch
- Embody: Learning to Love Your Unique Body by Connie Sobczak

body image journal

How frequently does your body image impact your eating and exercise choices?

How would your life be different if you had a more neutral relationship with your body?

How would you treat your body differently if you had more neutral/positive body image?

What do you think makes you vulnerable to negative body image?

Do you have any body checking rituals? Why do you body check? How does it affect you?

What factors amplify your negative body image? Feelings, people, places, clothing, weather, mood, etc.

body image journal

What would it look like to care for your body? What would it look like to practice body respect?

What would be one action you can take to care for your body today?

LET'S BUILD YOUR TOOLBOX FOR HARD BODY IMAGE DAYS.

List out helpful coping strategies, self-care ideas, and ways to distract or self-soothe.



SELF-CARE IDEAS

- Go for a walk
- Eat a nourishing meal
- Hydrate
- Read something inspiring
- Journal
- Meditate for 5 mins
- Spend time with friends
- Plan a fun trip
- Talk with friend

self compassion

self-compassion is essential

Self-compassion means treating yourself with the same kindness you treat your loved ones. It involves acknowledging pain, discomfort, and difficult experiences, and then offering empathy for the human that's experiencing them (in this case, yourself). Self compassion is the ultimate tool to help you not only navigate hard body image days, but also stay consistent with self-care habits!

Use these 3 tips to help you practice self compassion:

- **Self-kindness vs Self-judgment**

Criticizing yourself and your mistakes will not help you move forward, but practicing self-kindness can help you put things into perspective and move forward in a productive way.

- **Mindfulness over everything**

Practicing mindfulness helps you stay grounded and present throughout the day.

- **Gratitude journaling**

Even journaling 5 minutes every morning can change your whole day -
- try implementing journaling into your daily lifestyle slowly, even if you start with 3 days a week.

PICK AN AFFIRMATION BEFORE YOUR WORKOUT:

- I don't have to be perfect; I just have to show up.
- Moving my body is a choice I make for my total well-being.
- My body is capable of more than I can even imagine.
- I love to take care of myself and treat my body with the respect it deserves.

positive affirmations

I am worth more than my appearance.

I can accomplish anything I set my mind to.

I appreciate my body and all that it does for me each day.

I will not listen to the negative voices in my head.

I will not compare myself to other women.

I will treat my body with respect.

My body is my home and I will build it up, not tear it down.

My body can be trusted.

I take care of my body from a place of love.

I accept that my body will change over time.

My worth is not tied up in my weight.

I have value no matter the size of my body.

My growth is a continuous process.



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