



It happens every New Year. Every time you turn on the radio, you hear ads for weight loss supplements and gym memberships. Everyone is talking about their New Year's resolutions and there can be a lot of pressure to make big changes to your eating habits and your body.

For an individual with an eating disorder, this can cause immense distress and unhealthy behaviors. And it fuels society's already distorted thoughts about bodies and weight. "New Year, New Me" seems to indicate there was something not quite right with your "you" from 2020, and that you need to change. However, what if 2020 "you" was just fine the way you were? Sure, there are things that all of us would likely benefit from changing- getting more sleep, practicing more mindfulness, calling our mothers more often. :) But I think we need to be really careful when we go beyond those things and start telling ourselves that we need to change who we are. Make over ourselves into someone different. For those with eating disorders, there is already a highly attuned sensitivity to these types of messages and deeply held negative beliefs about one's self and body. Hearing these messages fuels those thoughts and behaviors even more.

Therefore, I would challenge you to think about the start of the New Year in a different way. Instead of creating pressure for yourself to change your eating, change your body, change yourself; try thinking of it as an opportunity to appreciate the person you already are and focus on adding in things that would create more joy in your life.



Ditch the unsustainable goals of extreme clean eating, getting to the gym every day, and cutting out the foods you enjoy. Instead, make a conscious effort to leave behind habits that do not serve you, and adopt ones that can bring you more joy and ones that do not just focus on weight, food, and your body. These types of changes can inspire more positive and healthy thinking and create habits that can bring you more happiness in your everyday life.

New Year, SAME ME. (And that's good enough!)

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