

SAY IT BRAVE

WE'RE BRINGING AUTHENTICITY TO MENTAL HEALTH CONVERSATIONS

Ditching Diet Culture

Recommended Reading:

Sick Enough by Jennifer L. Gaudiani, MD, CEDS, FAED

Health at Every Size: The Surprising Truth About Your Weight by Linda Bacon, PhD

Intuitive Eating by Evelyn Tribole, MS, RD and Elyse Resch, MS, RD, FADA, CEDRD

Body Kindness by Rebecca Scritchfield, RDN

Podcasts to check out:

Love, Food

Food Psych

Body Kindness

Nutrition Matters

Cut Through Nutrition

Don't Salt My Game

Instagram accounts to follow:

@with_this_body

@foodpeacedietitian

@dietitiananna

@haes_studentdoctor

@gaudianiclinic

@drjanellelenhoff

@annalutzrd

@bodypositive_dietitian

@themindfuldietitian

@rebeccascritchfield

@counselorkate

@bodyimagewithbri

@chr1styharrison

@drcolleenreichmann

@drjoshuawolrich



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list of values

Accountability
Achievement
Adaptability
Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Being the best
Belonging
Career
Caring
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Dignity
Diversity
Environment
Efficiency
Equality
Ethics
Excellence
Fairness
Faith
Family
Financial stability

Forgiveness
Freedom
Friendship
Fun
Future generations
Generosity
Giving back
Grace
Gratitude
Growth
Harmony
Health
Home
Honesty
Hope
Humility
Humor
Inclusion
Independence
Initiative
Integrity
Intuition
Job security
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty
Making a difference
Nature
Openness
Optimism
Order
Parenting
Patience
Patriotism
Peace
Perseverance

Personal fulfillment
Power
Pride
Recognition
Reliability
Resourcefulness
Respect
Responsibility
Risk taking
Safety
Security
Self-discipline
Self-expression
Self-respect
Serenity
Service
Simplicity
Spirituality
Sportsmanship
Stewardship
Success
Teamwork
Thrift
Time
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Vulnerability
Wealth
Well-being
Wholeheartedness
Wisdom

Write your own:

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