



Body Love and Things

February is here! Wowza. How are you feeling? How do you feel in your body right now at this moment? Today? This week? Piggybacking off of all that we've been talking about for the past couple of weeks, particularly body-related things, we thought it was appropriate to start talking about body love and acceptance and all the nitty-gritty that comes with that. This topic is definitely a loaded one, and we acknowledge that. We acknowledge that each of us has had and continues to have our own journey with the body, the vessel we currently are living in and each of our experiences is valid.

Being in a Body

Bodies are cool. Bodies are weird. Bodies are different and bodies are beautiful. We wanted to talk a little bit about what it means to be in a body, and how society, cultural norms and pressures, our environment, our upbringing, and so much more affect the experience of being in our bodies. We are all different; we all have different abilities, are all different shapes and sizes, different skin tones, hair colors, genders. Each of us is uniquely different. And this is incredible. But these days, there is so much pressure when it comes to body-related things. Pressure to look a certain way, be a certain weight, have a certain ability or whatever it is. To fit the beauty-ideal that is portrayed in magazines, movies, social media, everywhere. Fad-diets, short-term weight-loss protocols, restricting various food groups or specific foods just because it's trendy or whatever. The messaging around food, around what it truly means to be healthy, what it means to enjoy living in a body has become completely skewed. We're told that in order to be happy, in order to be complete and whole, we should lose weight or change something about ourselves so that we 'fit' this beauty ideal. The thing is, the standards of beauty seen in all the media these days is impossible, unattainable, and unsustainable if it is somehow 'achieved' for a moment in time. The standards of beauty have changed throughout the centuries, with thinness becoming more and more praised as we've progressed in time, it seems. But the thing that's stayed the same is this idea that somehow, our bodies are not enough, which is complete BS. Diet companies, wellness companies, health brands and all, have marketed on this. A genius tactic, but a messed up one at that. Products that promise health, that promise this and promise that. We've been there, we've fallen into these messages, we know what it feels like, and let us tell you, most of the time it's so subtle that it doesn't even register as a 'diet' or a way to change something about ourselves. There's a lot of nonsense out there. In the diet world, and in the health and wellness world as well. Have you noticed how exhausting it can be? This is emoji just describes it all. 🤔

be gentle with
yourself. you are a
child of the universe.
no less than the trees
and the stars. in the
noisy confusion of life
keep peace in your
soul.
·max ehrmann·

Body Love

February 1st marks the start of Eating Disorder Awareness Month and it is an extremely important topic as it relates to being in a body in this world and our experiences around eating. Food is such an essential part of living, not only because we need food to stay alive, but also because it brings us together, connects us with our community, in social gatherings etc. Unfortunately, though connecting through food is meant to be a happy and enjoyable experience, for many people, this isn't the case. For many, it's a silent struggle of having a disordered relationship with food. Whether it's engaging in obsessive behaviors around food, or a full-blown

self love
is the beginning,
an essential centerpiece
that opens the door
to unconditional love
for yourself & all beings

yung pueblo

eating disorder like for example, anorexia, bulimia, or binge-eating disorder, eating-related issues are extremely prevalent today, in the US, and internationally. At least **30 million** people in the US are experiencing an eating disorder. It has the **highest mortality rate** of any mental illness, yet it's still an area of mental health that is extremely stigmatized and shamed. Eating disorders can affect all people across all genders, races, shapes, sizes, religions, ages, abilities... and no matter the kind of disorder one is experiencing, the person's outward appearance cannot, and should not, be what determines a person's 'level' of disorder. Yet unfortunately, there are still certain stereotypes for certain disorders that still exist. Next week, we'll go a little deeper into this stuff related to eating disorders and bodies and how diet-culture and wellness culture has such a negative impact on our ability to

intuitively eat and experience food and being in our bodies, but this week we wanted to leave you with a little tidbit on body love. Most of us, at least it seems like, just want to feel enough in this world, feel accepted, feel loved and worthy. And when society is constantly placing such high standards on us, it doesn't really do any good for our mental wellbeing. Eating disorders are just one method of coping with the difficult emotions of not feeling enough or worthy. But no matter the form, no matter the method of coping, we wanted to send you this reminder that you are enough. That you are worthy of feeling your emotions and worthy of being in the body you are in right now. You are worthy of loving your body, accepting your body, for exactly how it is right now, because it is keeping you alive and breathing. Because you are here right now. Let's keep on welcoming the body love.

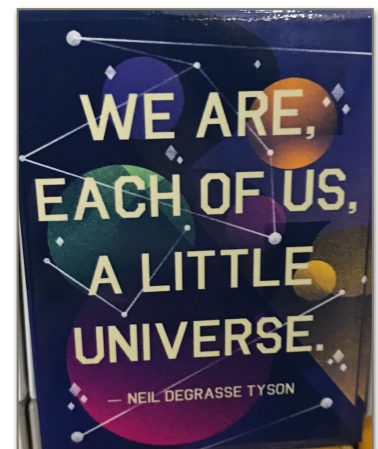
EndorphinGirl® News

January has come and gone, and we wanted to share with you all our **Year in Review**, before it got too late into the year! Check it out on the **blog**.

EndorphinGirl® Barbara offered a Yoga and Intro to Essential Oils Class last Friday, and boy did she have a fun time both preparing and sharing. 🍷 If you didn't get a chance to join and are interested, let us know and we'll figure out a time to organize another in the future! EndorphinDaughter™ Mia is offering a Yoga Basics Workshop on February 8th, 2020 in Levi, Finland! If you or anyone you know in the area is interested, you can sign up **here!**

February 22-23, 2020, Mia will also be co-leading a second Arctic Yoga

Weekend in Levi, Finland; a weekend full of all things yoga and relaxation. Sign up **here** if you're interested!!



EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara has returned east after some much needed time in the Arizona sunshine. EndorphinDaughter™ Mia had a friend from college visiting; the week was filled with ice-skating on the tiny outside rink in her backyard, puzzling, and watching Jeopardy! It was also -32°C (-25°F) during the beginning of the week, so that was fun! 😄 EndorphinSon™ Erik is in the groove again, plowin' through his final semester of college and enjoying to the fullest.

Stay tuned for more adventures with EndorphinGirl®!