


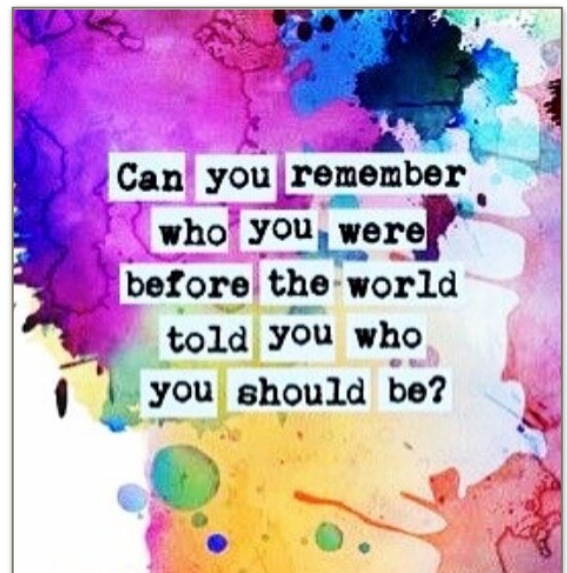


Some More Body Love

So we're approaching Valentine's Day, and that means so many different things for all of us. A day of love, a day of celebrating, a day of enjoying time with friends, a commercialized holiday, or just another day. Piggybacking on what we talked about last week, we wanted to continue with these central themes of love, acceptance, and compassion as they pertain to ourselves and our bodies. We know that these days the most 'common' way of celebrating Valentine's Day is with another human, whether it's your significant other or friend or whatever. We think this is wonderful, but there's so much more to it than that, in our opinion. Giving love ourselves is equally, if not more important, so that's what we'll be digging into a little bit this week.

Being in a Body

Bodies are cool. Bodies are weird. Bodies are different and bodies are beautiful. We're starting with this again because we are constantly being told something about our bodies, as if it was this machine that we must control and change and mold to fit into societies standards and ideals. In the news, in social media, even in the subtle messages from those around us, whether intentional or unintentional. So much of our culture these days is steeped in what we've recently been reading about as diet culture. A culture in which people are policed on what to eat, how to dress, how to exercise, how to lose weight, how to be this, how to be that. With all of these messages we're bombarded with, and honestly most of the time they're incredibly subtle, it can be hard to even accept the body we're in when the messages around us are telling us otherwise. The experience of living in a body is an incredibly unique experience for each of us. Who are we to tell others otherwise? Who are those in the media to tell us otherwise? Marketing and media do a great job at pulling us into their gimmicks and tricks and lies, with all the promises they make, all the quick fixes, or lifestyle changes that will 'change your life'. Humans eat this stuff up, no pun intended. But we know, as we've experienced, the quick fixes, the promises made, do not live up to the hype. It's all a bunch of hooahaa to get us to buy more crap, and to make us feel less in control in our own bodies. It takes us away from listening to our own needs and our own bodies. We can take that back. We can be in control. We can let go of diet culture by starting to reject these ideals, reject the subtle messages and policing of bodies in regards to how we are told we should be. And start listening to what it is we truly need. Whether it's sleep, or a bar of chocolate, or a walk outside. 



Gentle Self-Compassion

As we talked last week, February is National Eating Disorder Awareness Month, and we don't think it's a coincidence that right in the middle of it is Valentine's Day. A day that has become associated with love. We're all at different points on our journey of self-love and compassion, and it's something that we feel is a continuous process. There's no magical pill for this stuff, every day is a new opportunity to give ourselves some much needed love. And sometimes having a 'bad body-image' day happens and that is completely okay too. That doesn't mean that things end there. It means that we're human. It means that we are actually having a human experience in a human body. What matters is that we give ourselves the permission to have the experience of feelings, and give ourselves the space to feel whatever it is we feel. What matters is that after we allow ourselves to feel, we also show ourselves some gentle compassion for all the feels. For being in the here and in the now. Compassion for being on this journey, even if we feel like crap some days, even if there are things we don't feel comfortable with in our bodies, even if we don't feel comfortable in the bodies we were given at all. We're all on our own journey of learning about ourselves, about our bodies and how we experience the world around us. Bodies are constantly changing, and it's our job to not only respect our own path and the changes, but the path of others in their own bodies as well, whatever they look like or don't look like. So this week, as the Valentine's Day shenanigans come around, send yourself some love and compassion, for being on whatever part of your journey you're on. 🥰



EndorphinGirl® News

In case you missed, we wrote a **Year in Review** blog post last week sharing about the waves we rode in 2019!

Check it out on the **blog**. 📅 Be on the lookout for another one in the coming days, all about EndorphinGirl® Barbara's time downhill skiing in Vermont!

February 22-23, 2020, EndorphinDaughter™ Mia will 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! 🧘

Happy Valentine's Day y'all! ❤️

EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara spent a few days downhill skiing in Stowe, Vermont last week. Keep an eye out for her upcoming blog 'Making Peace with the Mountain!' EndorphinDaughter™ Mia has been cross-country skiing lots these days, form of movement she's quite a beginner in, but is still enjoying very much! 🏂

EndorphinSon™ Erik is anticipating a birthday coming up - February is birthday month! Hoot hoot!

"your life. love it.
from the hurt to the wonder.
from the bone to the flower.
love it.
with everything you've got.
it's yours."
— nayyirah waheed.

Stay tuned for more adventures with EndorphinGirl®!