

WEBVTT

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00:00:03.479 --> 00:00:08.820

Welcome and thank you for calling into 2023.

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00:00:08.820 --> 00:00:16.679

Eating disorder, awareness series my name is Alice notes, and I am a care manager for the eating disorder team.

3 "" (0)

00:00:16.679 --> 00:00:19.829

Due to the format of this call.

4 "" (0)

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He will not be able to ask questions during the teleconference. The teleconference will be open for Q and a, at the completion of the presentation. Although you do have the option of submitting questions during the teleconference.

5 "" (0)

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You can follow along to the presentation.

6 "" (0)

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Through our teleconference, you can also access the presentation.

7 "" (0)

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For today online at W. W. W.

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Dot Cigna dot com, slash eating disorders.

9 "" (0)

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Scroll to current topics section in the middle of your page and click on today's topic labeled act. Now not later.

10 "" (0)

00:01:01.350 --> 00:01:06.090

Challenging appearance ideals and shifting your relationship with your body.

11 "" (0)

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Please note that not all policies cover today's topic for more specific information.

12 "" (0)

00:01:13.140 --> 00:01:16.680  
If your policy covers, today's topic discussed.

13 "" (0)  
00:01:16.680 --> 00:01:21.900  
Please contact the eating disorder team by calling the number on the back of your insurance card.

14 "" (0)  
00:01:21.900 --> 00:01:28.110  
Today I have the pleasure of introducing Allie and.

15 "" (0)  
00:01:28.110 --> 00:01:38.490  
Is a fact that activist with lived experience recovering from an eating disorder many professionals missed due to weight stigma.

16 "" (0)  
00:01:38.490 --> 00:01:45.780  
Ali has extensive experience and adapting evaluating and facilitating body image programs.

17 "" (0)  
00:01:45.780 --> 00:01:50.700  
Through her work in the eating in body image, research labs.

18 "" (0)  
00:01:50.700 --> 00:01:59.190  
Equip Allie Co, develop the company's body image program for patients and continues to adapt this program.

19 "" (0)  
00:01:59.190 --> 00:02:04.410  
For multiple audiences oversees the program's daily operations.

20 "" (0)  
00:02:04.410 --> 00:02:09.060  
Training facilitators and leading the defense space body image groups.

21 "" (0)  
00:02:09.060 --> 00:02:14.820  
And supports various cross functional clinical program development projects.

22 "" (0)  
00:02:14.820 --> 00:02:30.480  
Ali integrates her lived experience of recovering from an eating disorder as a fat woman with her body image, dissonance and weight, inclusive care expertise to lead further clinical program, develop it and innovation.

23 "" (0)  
00:02:30.480 --> 00:02:42.720

Dr, Kara Bowen equips senior vice president clinical programs is a clinical psychologist with over 15 years of experience as an executive clinician.

24 "" (0)

00:02:42.720 --> 00:02:53.460

And researcher in the eating disorder field, Carrie's, research, funded by the National Institute of mental health focuses on identifying underline factors.

25 "" (0)

00:02:53.460 --> 00:02:57.870

Involved in needing disorders, including brain function and body image.

26 "" (0)

00:02:57.870 --> 00:03:09.930

To develop effective interventions, her work has been published and top tier journals, including science J psychiatry and the International Journal of eating disorders.

27 "" (0)

00:03:09.930 --> 00:03:25.260

She was a word awarded an early career investigator award from the Academy of eating disorders, and has presented at leading conferences like the eating disorder Research society and the organization for human brain mapping.

28 "" (0)

00:03:25.260 --> 00:03:30.660

Dr. Bowen earned her PhD in clinical psychology from the University of Oregon.

29 "" (0)

00:03:30.660 --> 00:03:41.130

Her BS and psychology from Vanderbilt University, and is a clinical associate professor at Stanford University. Please welcome, Ali and Kara.

30 "Cara Bohon" (879294976)

00:03:47.664 --> 00:03:55.440

So much, um, we are excited to be here and excited to get started. Um.

31 "Cara Bohon" (879294976)

00:03:55.440 --> 00:04:15.440

That is us. All right we will just dive right in and, um, just wanted to get started. You know, this presentation is about body image and I always want to start off just with an understanding and level setting that body image is not a vanity issue. It's not just about people wanting to look better. It is a true mental health issue. It is.

32 "Cara Bohon" (879294976)

00:04:15.440 --> 00:04:34.559

Associated with a higher risk of eating disorders, anxiety disorders, low self esteem, depressions, suicidal ideation, and just general impairments and functioning. So, it's, it's a really, it has a lot of impact in our

lives and our functioning, um, just to highlight 90 of women have body image concerns. Um.

33 "Cara Bohon" (879294976)  
00:04:34.559 --> 00:04:54.559

70%, uh, there was a 70% increase in body in, in eating disorders during the pandemic, just highlighting the, the, the severity of the incidents of, of this issue. Um, 100% of body image concerns, put people at risk for eating disorders and anxiety and there's an estimated 700,000,000.

34 "Cara Bohon" (879294976)  
00:04:54.559 --> 00:04:59.309

Dollars spent annually on ineffective treatments for these conditions.

35 "Cara Bohon" (879294976)  
00:04:59.309 --> 00:05:02.911  
Okay.

36 "Ally Duvall" (3311753728)  
00:05:02.911 --> 00:05:07.439

I think it's really important to think about what body image is from.

37 "Ally Duvall" (3311753728)  
00:05:07.439 --> 00:05:19.079

Ground 0, cause a lot of times when we think about body image, we think of at least what comes to mind for me is somebody looking in the mirror, but that is just 1 aspect of body image. And so when we think about it.

38 "Ally Duvall" (3311753728)  
00:05:19.079 --> 00:05:26.039

It's something that we all have, because we have a body we naturally have a body image. We have a connection relationship with our body.

39 "Ally Duvall" (3311753728)  
00:05:26.039 --> 00:05:46.039

It means our body, our, our person, a person's experience in their body. So it could be the perception of your body, your thoughts towards your body, your emotional attitudes and behaviors. And so it's a lot more broad than what we typically talk about. And it's also something like Carol was saying, it impacts so many aspects of our.

40 "Ally Duvall" (3311753728)  
00:05:46.039 --> 00:05:50.819

And so when somebody is having body image concerns, it's not just.

41 "Ally Duvall" (3311753728)  
00:05:50.819 --> 00:06:01.499

Concerned with how they look, it's so much more, and it can lead to really intense behaviors in order to try to regulate some of that distress with your body. Um, it can also really impact.

42 "Ally Duvall" (3311753728)  
00:06:01.499 --> 00:06:05.639

Just the way you see the world around you too, and I think that's something that.

43 "Ally Duvall" (3311753728)  
00:06:05.639 --> 00:06:17.729

We don't always grasp when we think about this concept is it really can impact all different aspects of your life and we talked about impaired functioning on the last slide. But there's so many ways.

44 "Ally Duvall" (3311753728)  
00:06:17.729 --> 00:06:26.039

That it can stop you from doing the things that you love, or even prevent you from exploring what those things could be or what they are for, you.

45 "Ally Duvall" (3311753728)  
00:06:26.039 --> 00:06:39.869

There's also a lot of different topics that get covered when it comes to body image. There's a lot of like, different terms or phrases that get thrown out. And so I really like to think about it as a spectrum. So when we're experiencing body image.

46 "Ally Duvall" (3311753728)  
00:06:39.869 --> 00:06:51.029

There's so many different ways that we experience it. There's so many different types of relationships we have with ourselves and it's not something that's static. So it's constantly shifting and changing over time.

47 "Ally Duvall" (3311753728)  
00:06:51.029 --> 00:07:00.659

And on the left side, unfortunately a lot of us have experience with what a negative body image is. It's having body judgments. It's feeling really dissatisfied with your body.

48 "Ally Duvall" (3311753728)  
00:07:00.659 --> 00:07:08.219

It can show up by looking in the mirror time with body checks and really focusing in scrutinizing your appearance in that way.

49 "Ally Duvall" (3311753728)  
00:07:08.219 --> 00:07:11.849

It can show up as a dry for thing. So this idea that you.

50 "Ally Duvall" (3311753728)  
00:07:11.849 --> 00:07:29.969

Really find yourself needing to be in a theater body or wanting to be in a thorough body because you think it will give you more friends, or you'll feel better, or you'll just have a better life, which is all the messages that we receive. So, it makes sense that that happens and yet it's still such a negative experience.

51 "Ally Duvall" (3311753728)  
00:07:29.969 --> 00:07:36.839

It can also be having a disordered view of yourself. A lot of times when we're working with folks on their body image concerns.

52 "Ally Duvall" (3311753728)  
00:07:36.839 --> 00:07:43.889

Because they don't even have an understanding or, um, like a concept of what their body actually looks like.

53 "Ally Duvall" (3311753728)  
00:07:43.889 --> 00:07:57.389

Because there's so many messages that we receive around it. We don't really have that time to connect with our body. We end up just kind of existing in a way that we're not really sure of what's happening or how, how we look. I'm actually on the outside.

54 "Ally Duvall" (3311753728)  
00:07:57.389 --> 00:08:07.649

And it can also lead to a strong belief in appearance ideals. So we'll, we'll keep talking about appearance ideals throughout the rest of this session. But a lot of times we run into.

55 "Ally Duvall" (3311753728)  
00:08:07.649 --> 00:08:19.619

Feeling the need to pursue these certain appearance deals are needing to look a certain way in order to access certain things in order to feel like we have the ability to even access them.

56 "Ally Duvall" (3311753728)  
00:08:19.619 --> 00:08:31.379

And so it can sometimes sound like if I look like this person, my life would be so much better, or I wish I was tones like you. So a lot of focus on wishing you look different or wishing things were different.

57 "Ally Duvall" (3311753728)  
00:08:31.379 --> 00:08:45.539

And there's neutral body image, which is, I don't know, folks in the chat have heard this, but thinking about body neutrality or body trust around when we're connecting with their bodies. So, seeing.

58 "Ally Duvall" (3311753728)  
00:08:45.539 --> 00:08:55.109

Everybody just as a thing that exists in the world, and it's our way of getting around and connecting with people and it doesn't have to have all these other associations connected to it.

59 "Ally Duvall" (3311753728)  
00:08:55.109 --> 00:09:14.099

I think of body trust as learning how to understand your body, and it signals and queues but not in a way that relies on you loving it or feeling so excited about it, or even really focusing on how it looks. It's so much more about how you exist with your body, or what your body allows you to do.

60 "Ally Duvall" (3311753728)

00:09:14.099 --> 00:09:33.239

The 1 thing that I really like to note here is sometimes people will shift out of a negative body image into more of a neutral 1, which is so wonderful. But then they get caught up on feeling like they have to value themselves because of what their body can do only and that can sometimes lead us to feeling.

61 "Ally Duvall" (3311753728)

00:09:33.239 --> 00:09:42.329

Really distressed if that function changes. So if you love your body, because of the way you're able to walk and use your body to run.

62 "Ally Duvall" (3311753728)

00:09:42.329 --> 00:09:59.879

If you're not able to walk or run anymore, that can still kind of leave us feeling pretty crummy about our bodies. And so, while, that can be a really helpful stepping stone out of negative body image, it's kind of important to remember. So that we're not adding even more conditions to why we can just exist in our body.

63 "Ally Duvall" (3311753728)

00:09:59.879 --> 00:10:13.709

I think 1 of my favorite phrases, and it's not up here, but it's my body is my way of existing in this world and my body is my way of connecting with the world. Another 1 that we hear a lot is my body is the least interesting. Thing about me.

64 "Ally Duvall" (3311753728)

00:10:13.709 --> 00:10:19.739

Just another way to really de, emphasize how we feel about our body and focus more on function.

65 "Ally Duvall" (3311753728)

00:10:19.739 --> 00:10:39.739

And on the other side, there's positive body image, and again, I think there's something, when it comes to a spectrum here, there's, there's a lot of going back and forth between these pieces. But this can show up as radical self love or body liberation really? Having self compassion towards yourself, leaning into body activism.

66 "Ally Duvall" (3311753728)

00:10:39.739 --> 00:10:43.889

And trying to see what it looks like to promote.

67 "Ally Duvall" (3311753728)

00:10:43.889 --> 00:10:52.589

Really inclusivity and just an understanding that we all have different bodies and that doesn't have to be a negative thing. It can be actually a really cool positive thing.

68 "Ally Duvall" (3311753728)

00:10:52.589 --> 00:11:05.069

I also love the phrase loving every single cell of your body, because a lot of times we hear positive body image. And I know for me, I think I'm not going to wake up every single day being, like, well.

69 "Ally Duvall" (3311753728)

00:11:05.069 --> 00:11:19.949

I love my body. I can't wait to, like, do all the life things. I just am so excited. That's that's not realistic. But that doesn't mean I can't fundamentally really value and love every single cell of myself. And so, I think understanding that.

70 "Ally Duvall" (3311753728)

00:11:19.949 --> 00:11:27.029

It doesn't have to be this toxic positivity that we sometimes see in the media when we're talking about body positivity.

71 "Ally Duvall" (3311753728)

00:11:27.029 --> 00:11:37.529

And then 1 of the people that I really love when thinking about radical self love is SONYA and a Taylor highly recommend her book, the body's on apology. Um, but this is 1 quote that she has around.

72 "Ally Duvall" (3311753728)

00:11:37.529 --> 00:11:52.979

Making peace with your body is your mighty active revolution. It is your contribution to a change planet where we might all live unapologetically and the bodies we have. And so living unapologetically, I think really speaks to me in terms of positive body image.

73 "Ally Duvall" (3311753728)

00:11:52.979 --> 00:12:03.989

But just to note again, with the spectrum piece, like, a lot of people will oscillate between all of these different things throughout their lifetime and.

74 "Ally Duvall" (3311753728)

00:12:03.989 --> 00:12:18.149

Anything you can do to try to find a base or a foundation, and the neutral body image section can be so helpful because then you're not going back to a negative body image. When you're having a tough day. You're going back to a neutral 1 instead.

75 "Ally Duvall" (3311753728)

00:12:18.149 --> 00:12:29.699

It doesn't mean there might be not be tough days, but finding ways to minimize those, or feel like you are able to have a little bit more grounding when that does come up, it can be really helpful.

76 "Cara Bohon" (879294976)

00:12:33.480 --> 00:12:52.639

Okay, so a little bit more on the stat side. So, 41% of men think that they're too heavy or self conscious about weight and 60% of women think they're too heavy and self conscious about weight and 1 reason that so



many people are struggling with body image. Is really based in the messages that we get from our culture.

77 "Cara Bohon" (879294976)  
00:12:52.639 --> 00:13:01.079

Society about how we're supposed to look that we're basically this message that we're we are supposed to look a certain way that there's a set definition of what that is.

78 "Cara Bohon" (879294976)  
00:13:01.079 --> 00:13:06.659

So we want to go to the next slide um.

79 "Cara Bohon" (879294976)  
00:13:06.659 --> 00:13:12.569

So, let's dig in that to that a little bit. Um, Ali alluded to this appearance ideal, but.

80 "Cara Bohon" (879294976)  
00:13:12.569 --> 00:13:30.839

We want to really emphasize how our society has sort of given us a binary here, like 2 sets of ideals that are really split into masculine and feminine ideals. And so let's start thinking about feminine ideals. So when you think of the perfect girl, the perfect woman.

81 "Cara Bohon" (879294976)  
00:13:30.839 --> 00:13:50.839

How would you describe her? What is what does she look like? Um, and I think we're gonna attempt to use, um, the, uh, tool. Um, so, Ali has just put a question in here the, according to society. What does the perfect woman look like? Um, so if you just want to enter a word, I think they can enter a phrase.

82 "Cara Bohon" (879294976)  
00:13:50.839 --> 00:13:56.789

It doesn't have to be a single word. Um, so you can enter whatever you think what comes to mind of what.

83 "Cara Bohon" (879294976)  
00:13:56.789 --> 00:14:01.229

What does the perfect woman or girl look like? Um.

84 "Cara Bohon" (879294976)  
00:14:01.229 --> 00:14:10.559

So these are great. Barbie is is 1, um, Barbie, like, fit not skinny um, tall um.

85 "Cara Bohon" (879294976)  
00:14:10.559 --> 00:14:28.949

I love this 1 healthy. I'm gonna put a pin on the healthy 1 and we'll get to that, too lots of tall. Um, lots of examples of of people that Kim Kardashian love to think about, like, Kim Kardashian. What are the aspects of of Kim Kardashian that really jump out? But I see Kirby.

86 "Cara Bohon" (879294976)  
00:14:28.949 --> 00:14:34.047  
Slim slender thick, long hair love these, um.

87 "Ally Duvall" (3311753728)  
00:14:34.047 --> 00:14:41.566  
Skinny chic jumps out to me because it's this idea of, like, fashionably skinny, which I think is really relevant right now.

88 "Cara Bohon" (879294976)  
00:14:41.566 --> 00:14:57.959  
Yeah, um, symmetrical is a great 1 flat stomach comes up a lot. Absolutely. Um, also if 1 of these is already on the screen, you feel free, but if it resonates with, you feel free to enter it again, it'll make this is like, word cloud style. So like it bigger, um.

89 "Cara Bohon" (879294976)  
00:14:57.959 --> 00:15:20.508  
And I love this depends on the culture. I don't know that we're going to be able to dig into that, but you're absolutely right. That the there is there are cultural definition. There are also, um, different identities that we talked about found in masculine. There's also kind of sub ideals within different, um, cultural, uh, groups and and things like that. So, absolutely. Um.

90 "Ally Duvall" (3311753728)  
00:15:20.508 --> 00:15:25.859  
Confident in the chat as well so, thinking about it proceeds even just.

91 "Ally Duvall" (3311753728)  
00:15:25.859 --> 00:15:33.367  
Physical characteristics that can really also show up as other kind of like, more personality traits too. Yeah.

92 "Cara Bohon" (879294976)  
00:15:33.367 --> 00:15:55.309  
I see the flawless scan. Um, I see the slender some hourglass. Okay, that that's what I was I was thinking about our last because what I was thinking about what what was missing was I don't see much about B\*\*\* and I don't see much about butts on here, which is often. We think about like, thin, but also with big B\*\*\* or thin, but also, you know, and almost this, like, it's the hourglass gets.

93 "Cara Bohon" (879294976)  
00:15:55.309 --> 00:16:11.603  
That, um, but this idea, there's almost this, like, um, Goldilocks flavor to it of, like, you know, this, but not actually someone put Tan, but not too dark, right? Like, there's this, like, middle ground right? You don't want to be to this. You don't want to be to that just like right in the middle, um.

94 "Ally Duvall" (3311753728)  
00:16:11.603 --> 00:16:21.037

But identifying what that middle is, is also pretty hard, because it's always shifting and we don't actually really know what it is, but it's supposed to be out there. Exactly.

95 "Cara Bohon" (879294976)  
00:16:21.037 --> 00:16:27.295  
Exactly. Okay. Should we shift back to and jump in and do that.

96 "Ally Duvall" (3311753728)  
00:16:27.295 --> 00:16:30.921  
The great posture is also really interesting as well to have there.

97 "Cara Bohon" (879294976)  
00:16:30.921 --> 00:16:41.219  
Yeah, yeah. Um, now let's flip gears and do the masculine ideal. So what do you think the perfect boy or man would look like how, how would you describe.

98 "Cara Bohon" (879294976)  
00:16:41.219 --> 00:16:45.319  
How would you describe the perfect man?

99 "Ally Duvall" (3311753728)  
00:16:45.319 --> 00:16:49.205  
And we'll also be coming to towards site down there. We go it's a.

100 "Cara Bohon" (879294976)  
00:16:49.205 --> 00:16:53.669  
Words, yeah, we'll get some of those word clouds up there. Um.

101 "Cara Bohon" (879294976)  
00:16:53.669 --> 00:16:58.439  
Paul muscular exactly. Okay.

102 "Cara Bohon" (879294976)  
00:17:01.529 --> 00:17:06.209  
Tall dark enhancement we got all the, all the words right there. Um.

103 "Cara Bohon" (879294976)  
00:17:12.559 --> 00:17:24.359  
I love this, I'm gonna put funny on here because it's, it's interesting that that comes up for masculine but, um, not, but we didn't see much in terms of, like, non appearance things. Um, come up in the other.

104 "Cara Bohon" (879294976)  
00:17:24.359 --> 00:17:33.659  
Um, good hair, and probably, I would say hair on your head, period for masculine. Right? Um, so not bawled. Um.

105 "Cara Bohon" (879294976)  
00:17:33.659 --> 00:17:36.899  
Beard yeah. Um.

106 "Cara Bohon" (879294976)

00:17:36.899 --> 00:17:42.269

When we do this, we often have the like, hair, but in the right places like.

107 "Cara Bohon" (879294976)

00:17:42.269 --> 00:17:47.219

Yes, chess hair yes head hair, but no back hair. Um.

108 "Cara Bohon" (879294976)

00:17:47.219 --> 00:17:57.209

You know, it's again, not the too much, you know, you want to be hairy enough to be manly, but not too hairy where, you know, people think Ooh, you know, that's too much. Um.

109 "Cara Bohon" (879294976)

00:17:57.209 --> 00:18:02.879

As I see lots of muscular, um.

110 "Cara Bohon" (879294976)

00:18:02.879 --> 00:18:06.389

Athletic build chiseled.

111 "Cara Bohon" (879294976)

00:18:06.389 --> 00:18:09.389

Muscular, but not too big again. The same kind of like.

112 "Cara Bohon" (879294976)

00:18:09.389 --> 00:18:16.349

Qualification right so being muscular, but too bulky, you know, might not be, um.

113 "Cara Bohon" (879294976)

00:18:16.349 --> 00:18:34.236

Confident, I'm seeing a lot more personality ones show up on on this too, and and thinking about what that looks like, um, for appearance as well. Well, dressed, um, fit, um, smile. Oh, we didn't talk about this with teeth. Um, so much, but teeth comes up a lot like white teeth, straight teeth. Um.

114 "Ally Duvall" (3311753728)

00:18:34.236 --> 00:18:50.187

It's also interesting seeing the word good with so many of these because I think that's what naturally comes up in our mind. Is this morality around it that there is like a good teeth versus it being like white or straight teeth thinking about the actual characteristics, which just shows the messages we received.

115 "Cara Bohon" (879294976)

00:18:50.187 --> 00:18:54.499

Right that there that there is a, that there is a unanimous definition of what good.

116 "Cara Bohon" (879294976)

00:18:54.499 --> 00:19:00.809

Keith is, and that would equal. W, Y, um, uh, white straight.

117 "Cara Bohon" (879294976)  
00:19:00.809 --> 00:19:08.729

Et cetera. Um, okay, so if we, if we pull these together, I think the big picture things that we get.

118 "Cara Bohon" (879294976)  
00:19:08.729 --> 00:19:28.729

With the perfect woman, um, often we saw tall and slender and then, um, we often refer to the feminine ideal as the thin ideal, um, because of this emphasis on. Goodness. And we often refer to if we think about some of those key things that came up for the masculine ideal, we often talk about it as a muscular.

119 "Cara Bohon" (879294976)  
00:19:28.729 --> 00:19:39.839

Ideal, um, because of this emphasis on muscularity, athletic fitness, kinds of things for, for men. Um, I also noted want to note how, um.

120 "Cara Bohon" (879294976)  
00:19:39.839 --> 00:19:45.329

How a couple of folks mentioned, um, mentioned.

121 "Cara Bohon" (879294976)  
00:19:45.329 --> 00:20:05.329

Health and healthy, and what that looks like, and kind of along the lines of what Allie was talking about with teeth, um, of this idea, that good teeth equals something we all know what that looks like right. It's white, it's traits, et cetera. We also have this idea that, like, health looks like something that we can actually see someone's health on them. But I want us to think on that a little bit.

122 "Cara Bohon" (879294976)  
00:20:05.329 --> 00:20:14.879

Almost challenge is there actually even a single definition of health for everyone and could you even certainly see it on someone on the outside? Really?

123 "Cara Bohon" (879294976)  
00:20:14.879 --> 00:20:34.879

I also just challenge, um, this idea I love asking this question, um, which obviously, you can't answer me directly, um, in this format, but, you know, what is healthier a hamburger or a salad and 9 times out of 10 when I ask this question people say, well, dad a salad, a salad is a healthier option, right? Um, but really, it depends if.

124 "Cara Bohon" (879294976)  
00:20:34.879 --> 00:20:56.989

You've had salads for the whole week every day you're eating salads outside your body's going to need something a little rich or something with some oils something with some, you know, it's gonna need something different. You can't have 1 food in isolation, be healthy or not healthy. It's a big picture balance kind of thing and yet we ascribe so much.

125 "Cara Bohon" (879294976)  
00:20:56.989 --> 00:21:08.429

Versus not health to singular items and singular things. This idea that if you're eating a burger and fries, that's unhealthy. When you have no idea what the big picture is and what it might be. Um.

126 "Cara Bohon" (879294976)  
00:21:08.429 --> 00:21:16.019

I love this also this question just to think on is if everyone ate and moved their body. Exactly. The same way.

127 "Cara Bohon" (879294976)  
00:21:16.019 --> 00:21:21.179

Would we all look the same what our bodies be shaped? The same way and.

128 "Cara Bohon" (879294976)  
00:21:21.179 --> 00:21:41.179

The answer is, no, we all, you know, genetics, everything plays in our bone structure. Um, the way we naturally, uh, our body distribution of fat and muscle and things like that is just naturally different. And so, even if all the behaviors were the same, our risk for things like cancer are risk for things like other chronic illnesses, you know, all those things.

129 "Cara Bohon" (879294976)  
00:21:41.179 --> 00:21:53.159

Genetically different, and so our health status, our appearance and things are not things that are always in our control. And so we've always wanting to think about that, even when we think about health as an ideal or health as an image as well.

130 "Cara Bohon" (879294976)  
00:21:53.159 --> 00:22:13.159

It's also it's so complex and we get so many different messages about it and so we want to really think about health as not a destination, but just an individualized experience, it looks different for everyone, and it shouldn't ever change how you respect someone, or treat them. 1, or, uh, or anything like that and so really thinking about how.

131 "Cara Bohon" (879294976)  
00:22:13.159 --> 00:22:22.196

Something you can strive for individually and what that looks like for you and not trying to meet some ideal appearance again. That is kind of society driven.

132 "Ally Duvall" (3311753728)  
00:22:22.196 --> 00:22:39.509

Well, like you're saying, here, there's so many factors that go into health and I think about that hamburger solid question and it's missing a lot of pieces around. Like, maybe your dad makes the best hamburgers ever and it's a really important bonding or social activity for you. And so it's not just about.

133 "Ally Duvall" (3311753728)

00:22:39.509 --> 00:22:50.729

The food itself, and I think there's so many layers of understanding how beyond body and food that we typically don't think about or we don't we don't really ever get into.

134 "Ally Duvall" (3311753728)

00:22:50.729 --> 00:23:12.169

And we also kind of thinking about health in a complex way. We also want to think complexity around where these come from, because we're not born, hating our thoughts or wishing our body looks different. There's a lot of social conditioning that happens. And we have to think about the history and the really deep historical roots of these appearance ideals.

135 "Ally Duvall" (3311753728)

00:23:12.169 --> 00:23:27.419

And so they really shifted throughout time in a way that I think a classic example is thinking about a time of famine where people aren't really struggling to get food or struggling to have resources somebody, any larger body at that time.

136 "Ally Duvall" (3311753728)

00:23:27.419 --> 00:23:41.729

Is going to be seen as more powerful are they're gonna see be seen as more ideal because they're able to access food and resources in a way that demonstrates their power in that space. When in reality.

137 "Ally Duvall" (3311753728)

00:23:41.729 --> 00:24:01.729

It really does come down to power and privilege and how we can keep certain people in power based on what is viewed as ideal at the time. And so, right now, in the world that we currently live in the focus is, I think right now we hear the word Olympic a lot. We hear a lot of this, um, management.

138 "Ally Duvall" (3311753728)

00:24:01.729 --> 00:24:14.129

And, or really shifting your body to be smaller and that's been the theme for many, many years. But it's something that's even more top of mind. And so this continued effort to make your body smaller is what is seen as.

139 "Ally Duvall" (3311753728)

00:24:14.129 --> 00:24:34.129

The most ideal way of existing in your body, and it's keeping certain people in power profiting and gives a 72 Billion dollar diet industry and that that's a lot of money. And that that really is what fuels a lot of this also thinking about a lot of our.

140 "Ally Duvall" (3311753728)

00:24:34.129 --> 00:24:45.509

Social symptoms of depression and how fat so this fear a fatness or wanting to avoid fatness at all costs really comes back down into racism around how.

141 "Ally Duvall" (3311753728)

00:24:45.509 --> 00:24:50.699

Back in the Trans, Atlantic slave trade, when they were no longer able to distinguish between.

142 "Ally Duvall" (3311753728)

00:24:50.699 --> 00:25:10.699

Body or between skin color of who was free, and who was enslaved, they moved into body size and made really false and harmful associations with who has a large body and who doesn't and who deserves to be free. And who doesn't and that shows up in. So many ways in our current society, because even as these.

143 "Ally Duvall" (3311753728)

00:25:10.699 --> 00:25:17.099

Continue to shift and change isn't even if the appearance ideals look a little bit different year to year.

144 "Ally Duvall" (3311753728)

00:25:17.099 --> 00:25:21.209

They still are really narrow and restrictive and unattainable.

145 "Ally Duvall" (3311753728)

00:25:21.209 --> 00:25:41.209

And focus on giving certain people, power and certain people, less power I think right now is a really interesting time seeing the appearance ideals really shifts back to the early 2 thousand's kind of Brittany Spears arrows of having fitness be really the hyper fixation of the moment. I'm thinking about low Ray machines.

146 "Ally Duvall" (3311753728)

00:25:41.209 --> 00:25:59.669

And flat stomachs really being seen as an accessory, um, as a way of demonstrating, um, whether or not someone is existing in an ideal body. And we'll talk about this a little bit later, but it's not just about the ideal body. It's the ideal life. And so the assumption is, if you are living.

147 "Ally Duvall" (3311753728)

00:25:59.669 --> 00:26:16.949

With these appearance ideals, if you're somehow managing able to if you're if you're able to achieve these really unattainable ideals, you're able to really find access to all of these wonderful things in life, which we'll, we'll keep talking about in te, mystifying later.

148 "Ally Duvall" (3311753728)

00:26:16.949 --> 00:26:38.029

But then really thinking about how these show up in our lives. So not only do we see it in fashion in media and being about movies or TV shows, where they hyper fixate on I think about villains are often fat folks. And I use the term. I used from fat, neutrally, so just to clarify I use it in the same way. I'd say tall.



149 "Ally Duvall" (3311753728)  
00:26:38.029 --> 00:26:42.149  
Um, when describing myself or other things, but.

150 "Ally Duvall" (3311753728)  
00:26:42.149 --> 00:26:56.969  
It's, it's also showing up in harmful curriculum and pure interactions thinking about the bullying that happens in school settings and even the messaging that people are receiving in their homework. Um, I can't count how many times we have families come in and say, like.

151 "Ally Duvall" (3311753728)  
00:26:56.969 --> 00:27:05.789  
We were just giving this assignment where a kid has to weigh themselves multiple times and track how much they've lost as a way of measuring mass.

152 "Ally Duvall" (3311753728)  
00:27:05.789 --> 00:27:25.789  
There's so many other ways to use math we don't need to focus on weight, um, especially for kids in elementary school, middle school. And yet these are the ways that we're constantly being reinforced with these ideals. I also think about diagnostic criteria and the weight bias that comes up from doctors, it's something that.

153 "Ally Duvall" (3311753728)  
00:27:25.789 --> 00:27:38.159  
I think a lot of times when we go into the doctor's office, we are there to seek information where they're to seek support and help. Um, but there's bias that comes in there too. I think about how many people are not able to.

154 "Ally Duvall" (3311753728)  
00:27:38.159 --> 00:27:53.579  
Get access to certain medical procedures that they very much need because of our false understanding of how we can impact things. There's also the focus on always weighing folks at appointments and talking about weight loss or weight management.

155 "Ally Duvall" (3311753728)  
00:27:53.579 --> 00:28:09.989  
When in reality that might not even be what the person needs, because there's so many other things going on that you're missing. I think about my friend who went in for a strep throat, and they were talked about, or they were told about, we lost the entire appointment and the reality was he really just needed.

156 "Ally Duvall" (3311753728)  
00:28:09.989 --> 00:28:15.599  
Their antibiotics for strep throat and that was the need. Um, but it was totally missed.

157 "Ally Duvall" (3311753728)  
00:28:15.599 --> 00:28:33.989

I also think about the comments from family and friends and colleagues that can come up. We hear a lot about, um, you look so great have you lost weight. That's implying that losing weight is the best thing you can do, because it's great. You look great kind of similar to how the word good was coming up in our previous activity.

158 "Ally Duvall" (3311753728)

00:28:33.989 --> 00:28:53.989

It also shows up in how we view and talk and treat ourselves. So thinking about when you're looking in the mirror, how are you talking to yourself when you're existing? If something happens so you're out in public are you blaming your body for things? It can, it can really show up and really insidious ways. I think, towards ourself, there's also the wellness and lifestyle change programs.

159 "Ally Duvall" (3311753728)

00:28:53.989 --> 00:29:06.239

That are really focused on changing your life through your body size and achieving certain ideal so that you look a certain way, which means all the other things will be unlocked for you. Which really isn't that true?

160 "Ally Duvall" (3311753728)

00:29:06.239 --> 00:29:11.999

And then it also comes up in biased research studies and measures who studied and who isn't studied.

161 "Ally Duvall" (3311753728)

00:29:11.999 --> 00:29:25.979

What kind of information is actually being collected in what ways? Um, but it can really show up in a lot of ways. I don't I always feel like when I'm explaining this slide that I have the Charlie Damien behind me where he's pointing to all of the different things with all the string on the whiteboard.

162 "Ally Duvall" (3311753728)

00:29:25.979 --> 00:29:31.409

Cause it it really is everywhere, um, and it shows up in different ways for for everyone as well.

163 "Cara Bohon" (879294976)

00:29:34.421 --> 00:29:53.809

Okay, and so I want to highlight just how costly it is. So, obviously we opened this whole talk talking about the connections between body image and eating disorders and anxiety disorders and depression and suicide and things like that. Um, there was a big team of researchers and collaborators who looked at.

164 "Cara Bohon" (879294976)

00:29:53.809 --> 00:30:06.209

The true cost of, um, both appearance based discrimination as well as body dissatisfaction and so appearance based discrimination, being, um, more like a discrimination that people are.

165 "Cara Bohon" (879294976)

00:30:06.209 --> 00:30:26.209

Experiencing from others, um, based on factors of appearance, and based on the basis of appearance and appearance based discrimination resulted in 269Billion dollars in financial costs and 233Billion in lost. Well, being. So, if they were to quantify in dollars, well, being costs, um, you know, that was, that was the cost of.

166 "Cara Bohon" (879294976)

00:30:26.209 --> 00:30:46.209

The parents based discrimination, body dissatisfaction itself is more of that definition of the negative attitudes that someone will have toward their own self, um, on their physical appearance. And that was having an 84Billion dollar, uh, impact in financial costs 221Billion, loss, while being. So, when you think about those, okay, where does the, where does costs.

167 "Cara Bohon" (879294976)

00:30:46.209 --> 00:31:05.159

From what what actually are, what, what are we losing when we pursue these ideals and, um, so feel free to jump into to, um, and and just think about some of the things that you lose when you're when you're thinking about these appearance ideals um, obviously, there's these monetary costs, those monetary costs can come in the form of, um.

168 "Cara Bohon" (879294976)

00:31:05.159 --> 00:31:13.289

Uh, you know, things that you spend money on, whether you're buying diet pills, you're buying makeup, you're buying, um, you know, uh.

169 "Cara Bohon" (879294976)

00:31:13.289 --> 00:31:19.019

Spanks or or kind of bodies changing clothes um.

170 "Cara Bohon" (879294976)

00:31:19.019 --> 00:31:23.549

But there's also yeah, so enjoyment mental health um.

171 "Cara Bohon" (879294976)

00:31:23.549 --> 00:31:44.689

I hear, um, confidence come in time. I love this time with family. Um, yes, sick days. So some of those financial costs are directly related to, like, 6 days and lost productivity. Um, but, yeah, if you're spending time, you know, feeling down on your on yourself, or on your body, you're missing out on connections with your family time with your family enjoyment fun at the beach.

172 "Cara Bohon" (879294976)

00:31:44.689 --> 00:31:49.319

Love that 1, because I think, um, a lot of people can experience that, which is.

173 "Cara Bohon" (879294976)

00:31:49.319 --> 00:31:52.559

I've heard mom say, you know, I want to go.

174 "Cara Bohon" (879294976)  
00:31:52.559 --> 00:32:04.349

Spend time with my kids at the beach, or at the pool, but I don't want to wear a bathing suit. And so what kinds of opportunities are you losing out on? Because you're not wearing the bathing suit uh, with your kids at the board of the beach? Um.

175 "Cara Bohon" (879294976)  
00:32:04.349 --> 00:32:24.349

Yeah, sitting on the sidelines, not putting yourself out there the self confidence thing, when I think about self confidence. Sometimes I think about it's not even just a self confidence. But what did you not do because of your loss of self confidence? Are there things that you would have done are there? Um, you know, and then, I think even collectively as a society, like, what, what are we, as a society.

176 "Cara Bohon" (879294976)  
00:32:24.349 --> 00:32:34.829

Missing out on, because someone in this webinar didn't feel the confidence to go do something that would have benefited the rest of us. Maybe you had an idea that could have been like.

177 "Cara Bohon" (879294976)  
00:32:34.829 --> 00:32:54.829

The next world changing kind of great idea, and you didn't have the self confidence because of some of these things to put yourself out there to put to make yourself be seen in that way. Um, and so that confidence that has trickled down losses, um, intimacy I love I love I mean, I don't love the loss of intimacy, but I think that's such an.

178 "Cara Bohon" (879294976)  
00:32:54.829 --> 00:33:04.799

Important 1 of those connections that you don't that you don't go for it or don't don't feel comfortable with, um, because of the, the body image concerns.

179 "Ally Duvall" (3311753728)  
00:33:10.910 --> 00:33:19.139

The actual money on there too, because I think, as we talked about, like, there is a lot of financial costs for this, but.

180 "Ally Duvall" (3311753728)  
00:33:19.139 --> 00:33:27.970

In so many ways that I think we initially are thinking, like, the products and all the things we're spending on, but there's so many other financial, um, costs that pop up for us too.

181 "Cara Bohon" (879294976)  
00:33:27.970 --> 00:33:48.229

I think, I mean, putting yourself out there with a confidence thing right? I mean, so much. We've, we've heard time and again, that, some of the wage gaps between men and women can be about, like, women in general not putting themselves, up for promotions, not pushing for a promotion

and things like that. Well, if you're not feeling confident overall. If you're, you know, and I think that's really important to think of.

182 "Cara Bohon" (879294976)  
00:33:48.229 --> 00:34:03.455

All those connections between body image, and overall self esteem, it's not just about your appearance. It starts to filter into your overall self esteem, then you don't put yourself up there. You're not getting the promotions. You're not getting the raises because you're not, you're not asking for them because of that, that decreasing confidence.

183 "Ally Duvall" (3311753728)  
00:34:03.455 --> 00:34:22.069

But I also, I love seeing intimacy if they're not obviously, because we want to see a lack of intimacy but also, because it really shows up thinking about, like, things that have a high intersection with body image concerns is really people not feeling comfortable with themselves or their partners being around them in that self identity piece. Um.

184 "Ally Duvall" (3311753728)  
00:34:22.069 --> 00:34:25.973

I think when it comes to intimacy is really important.

185 "Cara Bohon" (879294976)  
00:34:25.973 --> 00:34:29.851

Yeah, and I saw, I think just overall happiness just popped up on there.

186 "Ally Duvall" (3311753728)  
00:34:29.851 --> 00:34:46.759

Unless social with coworker, I think that's such a great point around like, it impacts not just our personal relationships, but also our working relationships, and just being able to go out and feel comfortable talking to people period. I even think about like, walking into a restaurant and talking to somebody.

187 "Ally Duvall" (3311753728)  
00:34:46.759 --> 00:34:50.399

Can really be impacted just by how we feel about ourselves.

188 "Ally Duvall" (3311753728)  
00:34:50.399 --> 00:35:01.551

Okay.

189 "Cara Bohon" (879294976)  
00:35:01.551 --> 00:35:06.059

We're getting more limiting clothing choices love this too.

190 "Cara Bohon" (879294976)  
00:35:06.059 --> 00:35:11.665

Um, think something else popped up. Oh, there was another money 1 I think, um.

191 "Ally Duvall" (3311753728)  
00:35:11.665 --> 00:35:22.769

I also know this isn't the question in here, but we also like to ask people to think about this from a societal level too. And the limited clothing choice I think is a really interesting societal.

192 "Ally Duvall" (3311753728)  
00:35:22.769 --> 00:35:25.769  
Costs because as a society, if we are not.

193 "Ally Duvall" (3311753728)  
00:35:25.769 --> 00:35:45.769  
Inclusive of folks and we're not opening up options. It's going to become even even more limited because we're so focused on people pursuing those appearance ideals and then being able to access clothes. And so it will keep you buying into it. Because you think I want to have to close I have to look a certain way when in reality we could just make cute clothes for.

194 "Ally Duvall" (3311753728)  
00:35:45.769 --> 00:35:47.858  
1, and that that could be it.

195 "Cara Bohon" (879294976)  
00:35:47.858 --> 00:36:07.849  
Yeah, and I also there's somebody just put fun fun costs lives and I think that that's a really important thing too. The the, the extreme pursuits of weight loss that has literally, um, that has literally led to people's deaths and, um, and and and health and wellbeing. Um, from those very severe, um.

196 "Cara Bohon" (879294976)  
00:36:07.849 --> 00:36:27.849  
You know, Ali, and I treat eating disorders for for a living and so we see obviously people, uh, pursuing weight loss to a degree of of starvation. Um, and so the, the literal health consequences are so fast. Um, I also think when I think about the societal level, I think about just diversity, if everyone is trying to look like.

197 "Cara Bohon" (879294976)  
00:36:27.849 --> 00:36:47.849  
1, singular, ideal then, what does that do for our diversity and and and and, and the lack of interest like, I think about how how boring life would be if everyone looked exactly the same and everyone was exact, you know, had the exact same clothing and everyone was, you know, pursuing the exact same things we, we would live in a pretty dull.

198 "Cara Bohon" (879294976)  
00:36:47.849 --> 00:36:59.519  
Um, space, so, um, so when it, when we think about all of those costs, um, then I also think about, like, if it's so costly.

199 "Cara Bohon" (879294976)  
00:36:59.519 --> 00:37:05.232  
Why does it? Why does it stick around? Um, so we can jump to the next slide.

200 "Ally Duvall" (3311753728)

00:37:05.232 --> 00:37:12.931

I'm slightly trying to Sandra. Are you able to press the next 1?

201 "Cara Bohon" (879294976)

00:37:12.931 --> 00:37:29.639

There we go there we go so we think about the cost if if pursuing these costs is hurting us in so many ways, then why do they exist? How are they sticking around? How are these ideals like, so persistent? Well, somebody must be benefiting who's benefiting from them. So.

202 "Cara Bohon" (879294976)

00:37:29.639 --> 00:37:38.489

Sometimes I think, all right, well, there's some people who are pretty close to matching those ideals a lot of celebrities do maybe they're benefiting, but honestly.

203 "Cara Bohon" (879294976)

00:37:38.489 --> 00:37:47.699

And, uh, let me pause. There are definitely benefiting. There's definitely a lot of money going to folks who kind of fit those appearance ideals for sure. But.

204 "Cara Bohon" (879294976)

00:37:47.699 --> 00:38:07.699

Are their lives? Perfect. Are they do they also have relationship challenges? Do they also have their, you know, are there? Also a lot of things going on for them too. So it's not that, like, oh, once you achieve this appearance ideal proof, your life is grand, right? They, they're not having these, like, picture perfect lives, um, where everything is totally hunky dory.

205 "Cara Bohon" (879294976)

00:38:07.699 --> 00:38:27.699

Do have a lot of benefits for sure. But it's not like it's not like all good just because you've reached that. So, when I think about who's benefiting, you know, you think about, I mean, Alec kind of alluded to power things. I think about corporations that are selling makeup corporations that are selling the diet pills corporations that are selling some of the things um, you know, even think about like, the.

206 "Cara Bohon" (879294976)

00:38:27.699 --> 00:38:41.490

Models they get used to sell cars, right? Like the cars want you to think that that model that looks really good so that you have this affinity for the car they're going to sell the car with that model, who looks a certain way. Um, so it's a great sales tactic, right? If you.

207 "Cara Bohon" (879294976)

00:38:41.490 --> 00:38:46.890

Loved yourself just the way you looked if you loved the pimple that showed up.

208 "Cara Bohon" (879294976)  
00:38:46.890 --> 00:39:06.890

Even though you thought pimples ended when you were ended after you're a teenager and that was over like yeah. Sorry it doesn't doesn't just end. When you're a teenager you get a new pimple. If we just said, hey, that's fine. That's no big deal. The people who are selling the concealer, the face skins dealer for you to cover it up wouldn't be making money.

209 "Cara Bohon" (879294976)  
00:39:06.890 --> 00:39:23.790

Right so there's definitely an incentive for them to keep you thinking that that pimple is atrocious, and that you need to cover it up and there's, there's a direct financial gain for for that. And so when I think about this big picture, um, this big picture piece, and in.

210 "Cara Bohon" (879294976)  
00:39:23.790 --> 00:39:31.500

It also is this perpetual factor of keeping, like, if I'm in charge and I am benefiting, I want to stay I want to stay in this role. Um.

211 "Cara Bohon" (879294976)  
00:39:31.500 --> 00:39:46.320

I often think I'm like, okay, am I personally benefiting from that? Am I personally in that group that is that is benefiting from those ideals um, and if I'm not sure not. Um, and I think probably a lot of us are not, um.

212 "Cara Bohon" (879294976)  
00:39:46.320 --> 00:39:56.910

If I'm not part of that group that's benefiting. I know that there's all these costs that we just talked about before. Is it really worth it to work so hard to try and look like the appearance ideals.

213 "Cara Bohon" (879294976)  
00:39:56.910 --> 00:40:02.520

Um, so, yeah, so that's when I think about like.

214 "Cara Bohon" (879294976)  
00:40:02.520 --> 00:40:08.580

Here's the costs, there's not a lot of benefits for us personally. Um, and so.

215 "Cara Bohon" (879294976)  
00:40:08.580 --> 00:40:27.412

Why do it? Why are we doing it? Um, well, I like to think the answer is it's not worth it and we shouldn't try to do it, but it's also really hard to just say, okay great. I'll stop. And so when, uh, so that's what the rest of our time together is gonna be thinking about what what do we do about it?

216 "Ally Duvall" (3311753728)  
00:40:27.412 --> 00:40:42.570

I also think before we bounce forward to think about in this moment, and you can write it down, you can put it your phone. You can just think



about it. What would be your biggest reason to not pursue these ideals? Because we talked about all those costs on the last page, but.

217 "Ally Duvall" (3311753728)

00:40:42.570 --> 00:40:48.720

What for you stands out as the reason to start challenging this and really using that as you're.

218 "Ally Duvall" (3311753728)

00:40:48.720 --> 00:40:56.400

Um, you're waiting grounding force of remembering why you want to challenge us even if it gets tougher hard to to shift because like, Kara said.

219 "Ally Duvall" (3311753728)

00:40:56.400 --> 00:41:00.450

It is hard. It's not as easy as saying like I'm done, let's move forward.

220 "Ally Duvall" (3311753728)

00:41:00.450 --> 00:41:06.780

And so really, what can we do about this? Cause we might know about it but what can we do.

221 "Ally Duvall" (3311753728)

00:41:06.780 --> 00:41:12.630

1 of the things that we love talking about is the power of dissonance and so cognitive dissonance.

222 "Ally Duvall" (3311753728)

00:41:12.630 --> 00:41:32.630

Believes, er, like, that is, um, situated within this idea that we want our values, our beliefs, our actions, all of it to match and we want it to we want everything to be in alignment with each other. So, the things that we believe, we want, we want to match the way that we act. Um, so if we.

223 "Ally Duvall" (3311753728)

00:41:32.630 --> 00:41:38.820

Believe in the appearance ideals, we are going to act in ways that are pursuing those appearance ideals.

224 "Ally Duvall" (3311753728)

00:41:38.820 --> 00:41:44.430

But when they don't match, we start to feel uncomfortable and we can feel distressed and frustrated.

225 "Ally Duvall" (3311753728)

00:41:44.430 --> 00:42:01.530

And really conflicted of what to do and that's that's a feeling that many of us don't like, understandably and so when we try to suit that discomfort, we can start taking different actions that can really start challenging our previous beliefs. And then we can actually form new beliefs based on those.

226 "Ally Duvall" (3311753728)

00:42:01.530 --> 00:42:21.530

That go against the ideals and so I think about every time we are working with folks and they're starting to challenge the ideals in various ways. And again, we'll, we'll talk about those in a 2nd, they start to feel uncomfortable. It's really hard to start challenging things that you've believed for a very long time.

227 "Ally Duvall" (3311753728)

00:42:21.530 --> 00:42:30.480

And things that are also, like, societally built in for not just you to believe, but everybody else around you and so it can feel almost like a social.

228 "Ally Duvall" (3311753728)

00:42:30.480 --> 00:42:34.740

Disruption to shift, but at the same time.

229 "Ally Duvall" (3311753728)

00:42:34.740 --> 00:42:49.980

It's really the thing that you want to start doing, you want to start getting away from these really harmful appearance ideals and the costs associated to them. And so you're almost kind of stuck with, I think, about like the angel and the devil on your shoulder, or like that. I think about it from.

230 "Ally Duvall" (3311753728)

00:42:49.980 --> 00:43:05.100

Emperor's new group, which I don't know if that makes any sense to anyone here, but you're, you're at odds your beliefs and your actions are really wanting to shift but when you start taking those actions, 1st, even if your belief is still within those appearance ideals.

231 "Ally Duvall" (3311753728)

00:43:05.100 --> 00:43:09.180

It actually can help you feel better and pull away from them. Even if.

232 "Ally Duvall" (3311753728)

00:43:09.180 --> 00:43:18.540

Your belief hasn't fully shifted yet, and I think that's something that we run into. A lot of people saying, like, I just want to feel more confident in myself.

233 "Ally Duvall" (3311753728)

00:43:18.540 --> 00:43:31.500

And I need to wait until I feel confident until I can do the things I want to do. But what you actually can do is you can start doing those things now, and it might feel uncomfortable for that. You're going to feel distress. It's going to feel weird.

234 "Ally Duvall" (3311753728)

00:43:31.500 --> 00:43:37.260

But that's okay, because the more times you do it the more times you're able to start.

235 "Ally Duvall" (3311753728)

00:43:37.260 --> 00:43:41.370

Actually building a new belief away from these appearance ideals.

236 "Cara Bohon" (879294976)

00:43:44.443 --> 00:43:49.560

So, what do we do um, so just like Ali was saying.

237 "Cara Bohon" (879294976)

00:43:49.560 --> 00:44:09.560

We're we recommend acting now and not waiting. You don't wait to start to feel better. You've gotta do something different in order to feel better. And so these are just a handful of exercises, um, that we have done with folks, um, to to start challenging this. And so, um, 1 example is what we call the body talk challenge. This is like, thinking of negative.

238 "Cara Bohon" (879294976)

00:44:09.560 --> 00:44:29.560

Lots of people have said to you or things, you've heard people say witness people saying, and then practice out loud how to respond to them. So, how could you challenge that verbally and actually in the moment and you can do this just on your own, like, in front of a mirror but you can also, like, start trying to practice it in your real life. Um.

239 "Cara Bohon" (879294976)

00:44:29.560 --> 00:44:42.990

As well, and that that challenge to the thing, even if you're not totally believing it yet, you don't really have to believe it. You start to say it. The beliefs will start to come along and the feelings will start to come along, um, the mirror exercise.

240 "Cara Bohon" (879294976)

00:44:42.990 --> 00:45:02.990

Um, is something that people often are, like, nervous about it, but really enjoy it after the fact and so looking in the mirror with little to no clothing on basically has little clothing that you feel comfortable with list out 15 neutral or positive things about yourself both physical and emotional while you're looking at yourself so many times.

241 "Cara Bohon" (879294976)

00:45:02.990 --> 00:45:20.910

Is when we look at ourselves naked or almost naked it's just nit, picky, uh, focusing on the things we don't like. And so having this shifting the experience to I'm looking at myself, and I'm thinking neutral and positive things and how that changes your experiences experience with your own appearance.

242 "Cara Bohon" (879294976)

00:45:20.910 --> 00:45:34.200

Um, opposite action, what would you be doing, or wearing if you weren't concerned about your body? So someone said have fun at the beach and someone said family time like, are there things that you would be doing? If you weren't concerned about your body.

243 "Cara Bohon" (879294976)  
00:45:34.200 --> 00:45:42.960

And go do it and so basically, it's not saying that you're not going to be uncomfortable that it's not going to be hard, but go do it because after you do it.

244 "Cara Bohon" (879294976)  
00:45:42.960 --> 00:45:52.410

It might be easier and you will have gained some experience that you were otherwise missing out on and it makes the next time easier and the next time easier and the next time easier.

245 "Cara Bohon" (879294976)  
00:45:52.410 --> 00:46:12.410

These are some of the examples of some of the, like, negative body talk things that we're talking about so these would be like, do I look fat in this? Like, if someone says that to you, what do you say back that is able to challenge it? Um, uh, you know, I'm so out of shape, um, you know, these kind of comments that people say sometimes to someone in the negative way, but.

246 "Cara Bohon" (879294976)  
00:46:12.410 --> 00:46:32.410

Sometimes about themselves, just in your presence, and, you know, the things that you might have heard, and someone mentioned culture, there's some cultural things on here. Um, there's also some gender based things on here of this need to fit in a certain, um, you know, cultural norm or gender norm or things like that. And so anything that you can.

247 "Cara Bohon" (879294976)  
00:46:32.410 --> 00:46:38.910

Here or see, that is again, pushing that in an ideal view. How can you challenge that? Um.

248 "Cara Bohon" (879294976)  
00:46:38.910 --> 00:46:48.524

And so, I think with that, we will do a little bit of a role play demonstration, um, Alley for sake of time. I don't know if we just want to pick maybe a.

249 "Ally Duvall" (3311753728)  
00:46:48.524 --> 00:46:51.121

Examples that sounds great.

250 "Cara Bohon" (879294976)  
00:46:51.121 --> 00:46:57.242

Um, so I'll, I'll go 1st and say, do I like that in this?

251 "Ally Duvall" (3311753728)  
00:46:57.242 --> 00:47:05.400

Is fat a bad thing why are we feeling the need to talk about it in this moment? And if you want to talk more about it, we totally can, but.

252 "Ally Duvall" (3311753728)

00:47:05.400 --> 00:47:09.240

It seems like you're using it as a negative thing. Awesome.

253 "Ally Duvall" (3311753728)

00:47:09.240 --> 00:47:13.890

All right now you can, I'm so out of shape.

254 "Cara Bohon" (879294976)

00:47:13.890 --> 00:47:26.536

So, it's all about how you feel, and so, you know, if, if you feel like needing to take a break and rest some, you know, do do do what feels right awesome.

255 "Ally Duvall" (3311753728)

00:47:26.536 --> 00:47:28.074

See, 1.

256 "Cara Bohon" (879294976)

00:47:28.074 --> 00:47:30.312

1 more. Okay.

257 "Ally Duvall" (3311753728)

00:47:30.312 --> 00:47:32.733

And you can deviate from the list if you want.

258 "Cara Bohon" (879294976)

00:47:32.733 --> 00:47:36.776

Okay, I'll go with us where her curves. I thought she was Mexican.

259 "Ally Duvall" (3311753728)

00:47:36.776 --> 00:47:43.080

I think that's a really harmful stereotype and the thing that you should not be promoting, why are we talking about this?

260 "Ally Duvall" (3311753728)

00:47:43.080 --> 00:47:51.380

And then for you, you know, Kara, I, I think you should lose weight, but I'm really only concerned about your health.

261 "Cara Bohon" (879294976)

00:47:51.380 --> 00:48:01.298

Yeah, my doctor and I have had conversations about my health and I feel good with where we're going. I feel good with what we we've talked about.

262 "Ally Duvall" (3311753728)

00:48:01.298 --> 00:48:08.490

I think with this role play what stands out to me on a couple different things is 1, the power of saying it out loud.

263 "Ally Duvall" (3311753728)

00:48:08.490 --> 00:48:28.490

Is so helpful because if you're in the moment and it's it's we're not able to do it right now with y'all. But when we've done this in the past

with people, there's that moment of freeze, because you're like, uh, I don't know what to say. I don't know how to challenge out. What what do I say, but even just practicing it out loud can give you some of those words. So that when you're in the moment.

264 "Ally Duvall" (3311753728)

00:48:28.490 --> 00:48:34.140

You're able to actually say something and challenge it so that you feel.

265 "Ally Duvall" (3311753728)

00:48:34.140 --> 00:48:39.630

Like, you you have the tools or the, the ways to be able to, to shift it at the moment.

266 "Ally Duvall" (3311753728)

00:48:39.630 --> 00:48:47.340

I always joke about that moment in the shower where you're thinking about it, like, 2 weeks later, and you're like, oh, I wish I could have said this in that moment.

267 "Ally Duvall" (3311753728)

00:48:47.340 --> 00:48:59.557

This is that chance to practice that beforehand and it's also stuff that you say to yourself too. So it's not just only effective for with other people are talking to you. It's really effective to challenge it when you're talking to yourself.

268 "Cara Bohon" (879294976)

00:48:59.557 --> 00:49:18.870

To this is why I love to, like, say, do it to yourself in the mirror kind of thing. Because if you say it to yourself in the mirror, obviously going to be more powerful, if you were able to actually have these conversations with others. Um, it starts to create I laugh about this, but like, my mom now, like, I've done it enough with my mom that now she's like, preemptively. Well, like.

269 "Cara Bohon" (879294976)

00:49:18.870 --> 00:49:37.602

Stop herself or interject herself or whatever so, it, it not only does it create an environment around you where the people you love like, are already going to reduce their change their, their talking around you, which creates your environment, makes your environmental better but also, even if no, I hears it is just to you to yourself, you're still hearing it and that's still valuable.

270 "Ally Duvall" (3311753728)

00:49:37.602 --> 00:49:52.920

Totally, it's also something we're thinking about family or friends, you can pull each other in on it. So it can be. Maybe, it's not something that your parent is saying, but it's something that like your uncle is saying and so you can work with your parents to be like, hey.

271 "Ally Duvall" (3311753728)

00:49:52.920 --> 00:50:02.760

Let's talk about how we can respond all of us when this happens when this person says something or maybe it's your friend and a friend group, and you can work on. Okay if this person says this.

272 "Ally Duvall" (3311753728)

00:50:02.760 --> 00:50:09.990

Here's something that we can all work on to challenge it when it comes up or it's a, really sometimes you want to just move on and so your answer could be.

273 "Ally Duvall" (3311753728)

00:50:09.990 --> 00:50:24.810

Let's just change the subject. I don't want to talk about this. This is harmful, or it could be. Why? Why are you saying that? Let's talk more about it because that seems like it's coming from a weird spot, but all of the responses can be so varied and different based on your relationship and connection with people.

274 "Ally Duvall" (3311753728)

00:50:24.810 --> 00:50:30.810

And so thinking more about opposite action, um, the idea of doing the thing, um.

275 "Ally Duvall" (3311753728)

00:50:30.810 --> 00:50:50.810

We really love to think about this question as what would you be doing if you weren't concerned about your body and sometimes that can be what you would be doing. So, like, maybe you want to wear a certain outfit, or there's activities you want to do or maybe there's things that you're currently doing that you don't want to do anymore. Maybe you get up extra.

276 "Ally Duvall" (3311753728)

00:50:50.810 --> 00:50:55.470

Early in the morning to do your hair and makeup in a way, because you feel like you have to.

277 "Ally Duvall" (3311753728)

00:50:55.470 --> 00:51:15.470

What, if you stopped, what if you were able to get that time back? What could you do? Um, also thinking about how you would interact with others, maybe there's things that you've been kind of holding back on doing, or talking about, or even just like, um, I think about that socializing with coworkers, that could be another thing that pops up here around, like, feeling nervous to talk to people based on how your body.

278 "Ally Duvall" (3311753728)

00:51:15.470 --> 00:51:18.630

That could be a thing that you challenge.

279 "Ally Duvall" (3311753728)

00:51:18.630 --> 00:51:38.630

But I'm thinking about, what are the steps that you can take right now to start doing those things so not waiting until you feel better, or waiting

until your body looks different but doing them right now and so you can practice wearing the crop top or the outfit that you want to wear and this can all be about, I think steps is the.

280 "Ally Duvall" (3311753728)

00:51:38.630 --> 00:51:45.030

Here so it doesn't have to be 0 to 100 right away. Sometimes that type of exposure is really helpful for people.

281 "Ally Duvall" (3311753728)

00:51:45.030 --> 00:51:50.850

And sometimes it's not and so identifying for yourself, maybe your thing is wearing a swimsuit to the beach.

282 "Ally Duvall" (3311753728)

00:51:50.850 --> 00:52:10.440

Maybe step 1 is buying your swimsuit. Maybe you haven't bought 1 in a while and then step 2 is wearing it in your room for 10 minutes, and trying to tolerate it. The best that you can, and so identifying what that kind of threshold for you is really important um, or you could decide I'm going to wear some suit to the beach and I'm gonna go do it tomorrow.

283 "Ally Duvall" (3311753728)

00:52:10.440 --> 00:52:24.150

And that's okay. Great. Uh, that's okay as well. I think the beach always comes to mind for me, because I'm in San Diego. So, um, for those who can't go to the beach I apologize for bringing that up. If it's something that you're excited about. Um, the other thing too is.

284 "Ally Duvall" (3311753728)

00:52:24.150 --> 00:52:44.150

It's not just about doing the thing once it's about doing it multiple times. So it's not just the idea of if you do 1 time. You're good. Everything's fine. You have to, like, use repetition in order to start challenging. A lot of these really deeply held beliefs. It's going to take multiple times and.

285 "Ally Duvall" (3311753728)

00:52:44.150 --> 00:52:48.900

It's going to feel better each time and so I think it can be really comforting to know.

286 "Ally Duvall" (3311753728)

00:52:48.900 --> 00:53:08.900

When I do this the 1st time, it might not feel great. I might be more self conscious about my body. I might think about things more, but the 2nd time you do it it's gonna feel even better. You're gonna feel less self conscious. You're gonna be able to exist. You're also going to be able to figure out your preferences. I think something that body image concerns and just.

287 "Ally Duvall" (3311753728)

00:53:08.900 --> 00:53:21.300



Our societal expectations around appearance ideals kind of takes from us, is that freedom of understanding what we actually want, or what we actually like. And so in these moments, you can really start.

288 "Ally Duvall" (3311753728)

00:53:21.300 --> 00:53:25.740

Understanding what that looks like for you. So, maybe your challenge is to wear shorts.

289 "Ally Duvall" (3311753728)

00:53:25.740 --> 00:53:28.770

And then it turns out by the time you've done it a couple of times.

290 "Ally Duvall" (3311753728)

00:53:28.770 --> 00:53:44.730

You really just don't like short. That's okay. But now you've learned it and you've been able to make that decision for yourself, rather than somebody else telling you that you shouldn't wear them because of it. Um, it's really getting away from all of these shoulds and figuring out what you want for yourself.

291 "Ally Duvall" (3311753728)

00:53:44.730 --> 00:53:56.460

1 of the stories, and I'll tell it really quickly that I always share here is when I first did this, it was with overalls, because I love overalls. So many pockets. I've always wanted them.

292 "Ally Duvall" (3311753728)

00:53:56.460 --> 00:54:05.070

But I never had a flat stomach and so I thought there's no way I can ever wear these or at least if I want to, I have to change my body in order to.

293 "Ally Duvall" (3311753728)

00:54:05.070 --> 00:54:10.230

But then I went out and bought a pair of overalls, and it was weird. I'll give you that for sure.

294 "Ally Duvall" (3311753728)

00:54:10.230 --> 00:54:18.330

It was amazing after the 3rd time I wore them and the 2nd time even better. And now I have way too many pairs of overalls.

295 "Ally Duvall" (3311753728)

00:54:18.330 --> 00:54:27.716

But it's the best feeling of being able to do the thing you've always wanted to do, even when there was that fear. 1st.

296 "Cara Bohon" (879294976)

00:54:27.716 --> 00:54:47.990

All right, so I'm going to wrap us up with just a few more ways to take action. So we think about, um, making your environment something that is body friendly body positive, at least body neutral. Right? So curating

your social media. I'm following accounts that make you feel bad about your body.

297 "Cara Bohon" (879294976)  
00:54:47.990 --> 00:55:07.990

That trigger comparison, make you feel bad and instead replace them with accounts that show a lot of diversity and body sizes. A lot of joy in different body sizes. Um, starting to give that idea that, like, there is no 1 way to look and also experience joy in life, um, body activism. So, this is actually taking that next step.

298 "Cara Bohon" (879294976)  
00:55:07.990 --> 00:55:27.990

And actually challenging appearance ideals around you um, this can include posting positive post it notes around um, we've done this on, like, bathroom mirrors. Like, you're beautiful the way you are, et cetera, you know, things like that. Um, making packs with your friends signing petitions, talking to restaurants around about size, inclusive seating at the restaurant. Um.

299 "Cara Bohon" (879294976)  
00:55:27.990 --> 00:55:47.990

You know, lots of different ways to take action and doing those things. Will again empower you and make your brain kind of retrain your brain again to thinking, like, oh, yes. All sizes and bodies are good all, you know, and and starts to get get you that feeling a little bit stronger. And then another exercise we do is a letter to your younger self or to a future self. So.

300 "Cara Bohon" (879294976)  
00:55:47.990 --> 00:55:57.660

Like, you didn't need to be treated like that because of your body size, it's not your fault. It's society's fault and sending those messages saying those words writing those words can be really powerful for for us.

301 "Cara Bohon" (879294976)  
00:55:57.660 --> 00:56:16.890

So, we'll leave. I know we've got a couple of questions in the Q and a, and then, um, we'll leave you just on this last page. I actually know. 1 of the questions I saw came in was actually connect question about getting connected to a telehealth therapist for eating disorders. Um, and.

302 "Cara Bohon" (879294976)  
00:56:16.890 --> 00:56:25.740

There are many out there, but we but equipped does provide that service. Um, we are, we are a fully virtual, um, eating disorder, treatment center.

303 "Cara Bohon" (879294976)  
00:56:25.740 --> 00:56:45.740

Um, providing Tele, health for eating disorders. Um, and so this is a way you can get information about a quip. We also have, um, a few, uh, resources here. Um, equip has a body image, info site with some of this

information and Allie, and I were both on a podcast recently, um, called equipped to recover. Um, and then there's.

304 "Cara Bohon" (879294976)  
00:56:45.740 --> 00:56:51.620

Uh, another article that gets in depth around, like, body positivity and neutrality and things like that. Um.

305 "Ally Duvall" (3311753728)  
00:56:51.620 --> 00:57:03.270

I'm seeing this question that chat about what do you do if it's not talking, but if somebody staring or looking at you, strangely and I, this is such a great question and it's something I really struggled with myself.

306 "Ally Duvall" (3311753728)  
00:57:03.270 --> 00:57:23.270

Um, as a fat person, when I go out in the world, I think a lot of times what we hear is, like, people don't even care that much about you, they're not focusing on you. Like, that's that's not what's happening. Like, you just have to pretend that nobody else cares about you and the reality is people do notice body size differences. They make comments or they will look at you, depending on how.

307 "Ally Duvall" (3311753728)  
00:57:23.270 --> 00:57:29.130

Your body looks, and that's a problem with our current society, and it's all connected to the appearance ideals.

308 "Ally Duvall" (3311753728)  
00:57:29.130 --> 00:57:49.130

But I think the piece that I really run into recently is, how do I divest from that? How do I focus on what I'm doing and experiencing for myself and not taking in what they're thinking, or what they're saying? Because the reality is we all have kind of those 1st, thoughts that come to mind when we see people. I have it too. It's our internalized.

309 "Ally Duvall" (3311753728)  
00:57:49.130 --> 00:57:59.730

Yes, and sometimes we can't control it. Sometimes they can. And that's something that I wish didn't happen. And I wish that that was something they could shift and do differently, but it's also something.

310 "Ally Duvall" (3311753728)  
00:57:59.730 --> 00:58:12.270

I'm not responsible for what their thoughts are or what their looks are. And so when I can refocus on what I'm doing and what I'm therefore, I'm able to just really like, tone it out or, like, kind of.

311 "Ally Duvall" (3311753728)  
00:58:12.270 --> 00:58:18.690

Minimize the impact that it's having on me, because I'm not responsible for what they're doing, or thinking.

312 "Ally Duvall" (3311753728)

00:58:18.690 --> 00:58:24.270

And that's a lot easier said than done and it takes a lot of practice.  
And so I think about the piece of.

313 "Ally Duvall" (3311753728)

00:58:24.270 --> 00:58:35.370

Reminding yourself I'm here, I'm doing the thing I love and that's what matters. Um, it's a lot of self talk. It's also sometimes if somebody is staring at, you.

314 "Ally Duvall" (3311753728)

00:58:35.370 --> 00:58:55.370

There's definitely been times where I've made a comment to them, and I said, like, hey, I don't know if you know this, but you're staring at me in a way that makes me feel really uncomfortable and unsafe. And I just wanted you to know the impact that you're having and sometimes that doesn't go super great in the moment. Sometimes it has opened up totally different conversations that I anticipated in a really wonderful way.

315 "Ally Duvall" (3311753728)

00:58:55.370 --> 00:59:12.419

But either way that person is leading that conversation, hearing the impact, and it's something that will stick with them in some way or another. And so I, I think it depends on your own experience what feels best. Um, but I really recommend trying a bunch of those kind of different strategies.

316 "Cara Bohon" (879294976)

00:59:12.419 --> 00:59:33.410

And just saw another question. You're not alone in it too. Sorry. Go ahead. Yeah, I just had another question that came up about insurance types. There's actually a broad number and it changes. So, I would actually recommend reaching out to our, um, patient services reps and they can explore a little bit more. Um, but the advice for approaching the subject of concern about our loved ones. Um.

317 "Cara Bohon" (879294976)

00:59:33.410 --> 00:59:53.410

Sort of eating, and I always always a lot of times eating disorders or something that can be, um, uh, can be assisted with a lot of guilt and shame. There can be a lot of denial of, of the seriousness, um, and dismissal of of the seriousness. And so I often think about approaching so much with curiosity with love and.

318 "Cara Bohon" (879294976)

00:59:53.410 --> 01:00:09.030

Compassion and not in a, you know, judging way cause we definitely don't want to increase any guilt or shame. Um, but you definitely want to just share your concern. And, um, and and and have people feel seen and really loved um, and the, and that they're.

319 "Cara Bohon" (879294976)

01:00:09.030 --> 01:00:14.717

That they're wellbeing matters to you. I don't know, Ali. Um, if you can also lead.

320 "Ally Duvall" (3311753728)

01:00:14.717 --> 01:00:26.790

Like, I observe and those kind of language pieces, because then you're not, it's not, it's not rooted in that judgment. Or, like, I think you have a problem. Like, those can be really harmful phrases to hear for someone when they're in.

321 "Ally Duvall" (3311753728)

01:00:26.790 --> 01:00:46.477

That frame of mind and so focusing on how do you support them? And I love that. You said, like, helped them feel loved and seen, I think, really demonstrating statements of like, I am concerned for you and I want to support you in this, um, anything that you can do to really make it feel like a safe conversation can be.

322 "Cara Bohon" (879294976)

01:00:46.477 --> 01:00:49.710

Really helpful not not accusing, but supporting.

323 "Cara Bohon" (879294976)

01:00:49.710 --> 01:00:56.037

Totally all right. I know we're over time and, um.

324 "Cara Bohon" (879294976)

01:00:56.037 --> 01:01:01.054

Other places to be, but we really appreciate it. Everyone hanging out with us for the last hour and.

325 "Ally Duvall" (3311753728)

01:01:01.054 --> 01:01:21.440

Yeah, this is great. Thank you. All for being here. Yes, thank you. And thank you all so much for attending and thank you Ali and Kara for providing all of this great information for all of us today. And again, if you have any questions about anything that was discussed today, please contact the eating disorder team by calling the number in the.

326 "Ally Duvall" (3311753728)

01:01:21.440 --> 01:01:41.440

Have your insurance card now this does this does conclude our 2023 eating disorder, awareness theories and I went to thank you all so much for attending our presentations this past year, and got a great line up starting for next year. So, please do mark your calendar in the new year on January 23rd as we will be.

327 "Ally Duvall" (3311753728)

01:01:41.440 --> 01:01:46.440

Seen eating disorder treatment for trans and GNC plus clients.