

Welcome to A Truly Nourished Christmas.

In this brief introduction we'll explain how A Truly Nourished Christmas works and everything you need to know to take part.

15 Minutes A Day

We're inviting you to take 15 minutes for yourself every day to support your relationship with food and your body over the holidays.

Check in on ZOOM

We'll also be meeting weekly on Sundays - on 20th & 27th December and 3rd January - on Zoom to connect with each other and check in. An opportunity to celebrate with people who get it, ask questions and practice in good company.

Your Daily Practice

Let's take a closer look so that you know what to expect.

We'll be inviting you to tune in for 5 minutes to become more aware of and curious about what you

think, how you feel and what your body has to tell you about hunger and nourishment.

While tuning in is an awareness practice, it's not meditation. You don't have to close your eyes and you don't have to sit still. The aim of tuning in isn't to simply note thoughts, emotions and sensations and watch them go by. When we tune in, the aim is to focus our attention on what we notice with gentle curiosity, so that we can learn more about our relationship with food and our bodies.

When we tune in, we're looking to understand, with kindness and compassion, how we think, react, behave. A bit like a scientist in a lab looking at something under a microscope or observing a subject. And just like the scientist, it's not our job to judge if what we find is good or bad, right or wrong, we're simply looking at what is there so that first we can describe what we see and then we can learn more about it and find out what it means.

Tuning in is such a valuable tool. We can tune in to find out when we're hungry, to know what we feel like eating, and to know when we've had enough. When we tune in we can start to notice if we're actually enjoying what we're eating and we can find out why we're eating and what we are truly hungry for. Tuning in allows us to pause and gather

information so that we can make choices rather than eating on impulse or out of habit.

We'll then be taking 5 minutes to practice pausing and taking that pause into mindful movement, with music to inspire you. The more we practice pausing deliberately and with in intention, the more we can call on this skill when we're caught up in our everyday lives. A skill we may need more than ever over the coming festive season.

By creating space for ourselves to pause, we're starting to build more awareness and starting to understand how we respond to what's happening in the moment. We can take that awareness and understanding into our day to help us deal with the habits and patterns that keep us stuck and going round in circles over the Christmas holidays. We can pause before taking another mince pie, another sausage roll or another helping of pudding. We can pause before we sit down to eat...on our own, with family, with friends. We can pause as we get dressed or get ready to go out. We can pause and tune in and find out what we are really hungry for. And that opens up the possibility of experimenting with different ways of eating and relating to our bodies. we get to know and trust ourselves better. and that leads to more nourishing and empowering behaviours.

Whereas moving in Diet Culture often means following fitness or exercise programs where you're told exactly what to do, moving mindfully encourages you to move exactly as want to and can. When we move mindfully we're more aware of our physical limitations - we can respect what our bodies can and can't do. We can move however we are: tired, injured, unable or unwilling to move much at all. Big or small, soft or wild, fluid or awkward - however you want to move is exactly the right way to move. Lying in bed and nodding your head in time to the music, that's moving. Sitting in a chair and swaying, that's moving. Jumping around your back garden to the beat, that's moving. When we move with all of ourselves it becomes about so much more than exercise and fitness. It becomes about owning our bodies and treating ourselves with the kindness and respect we all deserve.

Tuning in and moving mindfully is how we challenge Diet Culture. Diet Culture teaches us to tune out, not to listen to ourselves. Making this commitment to cultivating self awareness and actively connecting with your body is the antidote to all of this.

Over the next 21 Days you will practice tuning in, pausing and listening to your body so that you can have a different experience of the holidays this year. Because we do know. When we give ourselves permission to tune in to what we want, what we need, what we like, and what we don't like, what we believe, how we want to move... we know. We know, our bodies know. We can trust ourselves.

So, you'll be spending 5 minutes tuning in with Sophie, 5 minutes moving with Audrey and the last 5 minutes setting in an intention for the day. We'll suggest one experiment for you take into your day so that you can do something different. Something more satisfying and more nourishing. You'll find your daily experiment on Instagram, on Facebook and by email.

A Note Of Caution

If you have tried mindfulness, meditation or embodied movement in the past and have found it very difficult or disturbing, know that this is quite common and it's not that you are doing it wrong. It takes practice, often a lot of practice. It's also very important to know that this kind of awareness practice can bring up very intense and difficult feelings, sensations or images for anyone who has

experienced trauma in their past. Focusing your attention on your body and your internal world has the potential to induce panic or flashbacks for survivors of trauma. If you think or know that this is true for you, that you've experienced trauma in your past, take it very slowly, keep your eyes open and continue with the practice only if it feels helpful and interesting. Please feel free to get in touch with us if you have any questions about this.

What if you just don't do it every day?

If some days you do and some days you don't, that's absolutely fine. If you miss a day or even two or three, that's ok, you can pick up where you left off. This isn't a diet, you don't have to wait for the new year to start again. You don't have to give up if you don't meet your expectations of doing it properly. A few minutes of mindful practice is better than none at all. Be kind and patient with yourself all the way, that's probably the most valuable thing you can do.

And remember we will be there on Sundays to support and encourage you throughout the festive season. Even if you only come the once, you are always welcome. One day at a time.

The Festive Season, at the best of times, can be challenging to say the least. This year, more than ever, Christmas has been knocked sideways. Supporting yourself to stay steady in relationship with food and your body is a real gift for yourself.

Here's to a truly nourished Christmas 