

I Am Enough: A Body Journey Workshop

The purpose of this body journey workshop: “To connect and explore the moments we have in life that shape how we feel about our bodies.”

Why is it important? “Learning these fundamental truths can help keep the journey healthy and positive.”

Three steps to building the “I Am Enough” mindset

Step One: My Body is Enough

Step Two: I Do enough

Step Three: I’ve had enough

Step One: My Body is Enough

Affirmations: Telling yourself the truth

Influence: Group talk about people who’ve influenced your relationship with your body
Setting boundaries. “ You teach people how to treat you.”

Education: Be the expert on you

Know what your body needs

Step Two: I DO Enough

Job- Find balance in your work life. (Are you trying to define your worth through your work?)

School-You are more than your grades.

Managing stress

Relationships: Investing in others

Step Three: I’ve Had Enough!!!!

Take back your power

Learn to disagree

Make a commitment to yourself!!

Workshop Discussion Questions:

1. Have you ever broken a bone, needed stitches, been in an accident? How did it effect your life: casts, braces, stitches, scars(physical, emotional, physical memories)
2. Who has influenced your relationship with your body.
3. How does your body show you when it needs a break.
4. Share a moment in your life that was a life changer affected your identity. What kind of impact did the experience have on your body. Did it change your body relationship?
5. What’s one way you can begin applying these principles to your life?

5. .When you wake up tomorrow, what is one thing you can do to jumpstart your new I am enough mindset. How can you share this with a friend?

Next steps:

Fill out workshop feedback survey.

Connect with campus resources

***If you or someone you know is struggling with an eating disorder, YOU ARE NOT ALONE!**

Please reach out today:

Castlewood at 1-866-965-3717.

National Eating Disorder Association Hotline 1-800-931-2237

For crisis situations, text "NEDA" to 741741 to be connected with a trained volunteer at Crisis Text Line.

SJSU CAPS: website: <http://www.sjsu.edu/counseling/>

Amy Waddle contact info:

Business Phone: 1-805-296-2600

Email: Amykwaddle@gmail.com

Dancing With ED non-profit inquires: info@dancingwithed.com

Website: dancingwithed.com