

Corner Brook Status of Women Council

NEWSLETTER - January 2021

Body Positivity

A new year has begun. We hope that it is filled with positive experiences and self care.

January is often when we hear of resolutions to lose weight, exercise more and to start a diet. We, of course, applaud all actions to improve yourself, create new routines and habits, and to feel and live healthier.

Sometimes, however, this means learning to let go of unrealistic expectations of how we should look and act. The reality is that not all of us are meant to be a size 2, and it could be very unhealthy for us to try to attain that.

Body positivity is a movement that believes all people deserve to have a positive body image, regardless of how society and popular culture defines an ideal shape, size, and appearance. Some of the goals of the body positivity movement include:

- challenging how society views the body
- promoting the acceptance of all bodies
- helping people build confidence and acceptance of their own bodies
- addressing unrealistic body standards

Body positivity is not just about challenging how society views people based upon their physical size and shape. It also recognizes that judgments are often made based on race, gender, sexuality, and disability. It is also accepting that body changes happen naturally during aging, pregnancy, hormonal changes and lifestyle changes.

So as you enter this new year, be body positive. Celebrate what your body can do, address any health concerns, and learn to listen to what it needs. Accentuate your positive attributes. Accept that differences are ok and welcome. And lastly, be careful of your body messages around your children.



Upcoming:

This month we will be continuing our book club. Our next book is *Even Weirder Than Before* by Susie Taylor. The virtual meeting will be 7pm, Tuesday, January 12th. Call us for more details, there is still time to join.

On Thursday January 21st, running from 9am-12noon, we will be offering a Family Finance Basics course to answer all your questions about banking, budgeting and credit. The course will be accessible online as well as in person. Space is limited so please call us at 639-8522 to confirm your spot.

January is Alzheimer's awareness month. For more information please visit the Alzheimer's Association at alz.org.

This year, non-smoking week is January 17th-23rd. Did you know that by the end of your first smoke-free day you will have already decreased your risk of a heart attack.

Thursday, January 28th - Bell Let's Talk Day. Have a chat and make a difference.