



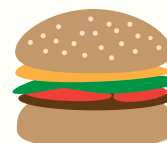
THE NON-DIET SELF-ISOLATION SURVIVAL GUIDE



How to avoid diets and take care of yourself during COVID-19

Trying to avoid diet messages and improve your relationship with food right now is tough. Everything is harder, be it socialising, moving your body or shopping for groceries.

The deprivation mind-set that most of us are oh-so familiar with from dieting has suddenly been thrown upon us, as we aren't able to go to shops when we'd like (or at all) and supermarket shelves are sparse.



It's more important than ever to make sure you're eating regularly and enough, taking care of your mental health and for god's sake avoiding diets at all costs!

Some may benefit from the [online support consultations](#) that I offer, but to start off use these 5 tips as a guide to have a happy and healthy non-diet self-isolation.

1 FOCUS ON WHAT YOU CAN CONTROL

Although this isn't a lot right now what you can control are things like screen time and routine. Most other things, like all the freedoms we usually take for granted, aren't in our control, so try not to focus on them too much.

Having some kind of routine to your day can be really helpful, so getting up at a consistent time, cleaning regularly, moving your body – all these little things can help bring some normality to this strange time.

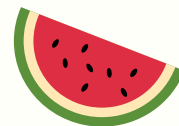
Socialising is super important right now, since our usually daily interactions are drastically reduced. Regularly calling your support network is a great idea, so they know you're there for them and as a welcome distraction for you.

This might also be a great time to have a social media detox. Unfollow anyone advocating for quick-fix diets, punishing exercise or who promotes cultural beauty ideals e.g. thin, toned, able-bodied etc. Find people who look like you and see how they're rocking their body and loving life.



2. TUNE INTO YOUR BODY

In normal life we spend a lot of our time 'busy' which means not really taking the time to pay attention to and really live in our bodies. Being aware of our bodies and being present with them can help you to work out what self-care you might be in need of, what food might make you feel good or what way to move your body.



Try to tune into what your body wants and take time to really assess how your body is feeling (head, energy levels, mood, gut etc) to guide when and how much to eat and what you're in need of. Some people use meditation and mindful body scans, others yoga. We might have a bit more time on our hands right now so use it to find what works for you.



3. TRY TO RELAX WITH FOOD

Easier said than done right? These are stressful times we're living through and using food to help cope is totally normal! There are plenty worse ways to cope, that's for sure, so cut yourself some slack if you find yourself snacking more frequently or being more drawn to 'fun foods'.

It might also be harder to get access to the wide range of foods that we know can support our long term health, but the situation we find ourselves in now is temporary. So whatever you eat right now, as long as it's sufficient and doesn't leave you feeling restricted is *okay*. Get creative with whatever you find at the back of your cupboards and do not stress if your creation isn't what you'd consider 'insta-worthy'.

Don't beat yourself up for not eating perfectly. This applies for all of life but especially right now!



4 FIND NON-DIET ALLIES

If you look for it you will find a HUGE community of like-minded people all turning their backs on diet culture. This is a growing movement and one full of amazing and inspiring people who are sick of the restrict-binge cycle and feeling bad about their bodies.

Support right now will likely have to be entirely online but there are so many social media accounts, pages and forums out there sharing advice, support and a judgement-free listening ear.

This might also be your partner, close friends or family who will listen to how you feel (i.e. diets don't work for you and you're tired of being scared of food and fighting your body) so they can be there for support.

Some of my Instagram favourites are... @nondietnutrition (of course)
@covid19eatingsupport @laurathomasphd @rdrealtalk @antidietriotclub
@sofiehagendk @i-weigh



5. PRACTICE REGULAR SELF-CARE

Self-care is so damn important and not just the 'run yourself a bubble bath kind'. But self-care in all forms whether that's showering, taking your medication or getting in a regular meditation habit can be so helpful right now.

On that note see if you can develop some extra self-compassion during this crazy time. You deserve to lead a life free of guilt and shame around food and exercise. You. As you are right now. Not some future, imagined, skinnier, smoother version of yourself.

Be kind to yourself and remember that you are enough. You deserve to take up space and not be kept physically or spiritually small.

I hope you find this guide helpful,
please share far and wide with
anyone who might benefit!
For those of you looking for
some extra support I offer
online one-off food & wellbeing
consultations and packages for
more in depth non-diet
nutrition discussions

Madi, Non-Diet Nutrition

STAY CURIOUS, STAY HOME, STAY SAFE

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