

# BODY EMPOWERMENT PROJECT



[WWW.BODYEMPOWERMENT.NET](http://WWW.BODYEMPOWERMENT.NET)  
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# WHAT IS BODY EMPOWERMENT PROJECT?



- 501(c)3 nonprofit organization founded by Christina Miranda & Amanda Moreno in 2021
- Our mission is to decrease eating disorder risk in adolescents and equip them with the skills to live peacefully and healthfully in their bodies through meaningful, near-peer interactions
- We serve about 1000 students in 5-12th grade per year with our 10 week evidenced-based eating disorder prevention program

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**FOOD,**

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**MOVEMENT,**

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**AND SELF CARE**

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# WHAT IS INTUITION?

- Intuition is like a gut feeling
- You're born with intuition
- Intuition guides you
- Trust your body's signals
- Sometimes others tell you not to trust it
- Not every feeling is intuition
- Use intuition to make decisions

# LET'S DISCUSS INTUITION

Questions to Guide our Discussion:

1. How are you intuitive in your own life?
2. What does your body feel like when it's telling you to do something or not?
3. What in your life/in society prevents you from being intuitive?
4. How might intuition relate to eating, movement, or self-care?

# WHAT ARE FOOD RULES?

- Food rules are things you hear from society, social media, family, or even from health professionals that tell you how you “should” eat.
- These rules can be confusing and make it hard to listen to what your body really needs.
- Culturally, different foods may be celebrated, and access to food can also depend on where you live. Some rules may ignore how people eat in different cultures and communities.

# ACTIVITY: CHALLENGING FOOD RULES

## Instructions:

1. **List Food Rules:** Write down food rules you've heard from friends, media, or family.
2. **Reflect on Intuition:** Reflect on times you wanted something different than what those rules said.
3. **Challenge the Rules:** For each rule, discuss why that rule exists, who benefits from it, and why it might be okay to break it. What would happen if you followed your intuition instead?



1. Why do you move? For fun, to socialize, because it feels good, or because they've been told they must?
2. When do you move when you don't want to?
3. What are the rules you've been told about movement?

# JOYFUL MOVEMENT

LET'S TAKE A

Break



# *What is* **SELF CARE**

**Self-care is the practice of taking actions to protect and nourish your mental, emotional, and physical well-being. It's about listening to your body and mind, recognizing your needs, and doing things that help you feel healthy, happy, and balanced. Self-care can be small everyday acts like getting enough sleep or saying no to something that drains you, and it's a way to prioritize yourself without feeling selfish. Sometimes, taking care of yourself is also an act of resistance, especially when society pressures you to ignore your own needs in favor of productivity or meeting unrealistic expectations.**

# SELF CARE DISCUSSION

Questions to Guide Our Discussion:

1. What does self-care mean to you? How would you describe it in your own words?
2. What are some things you already do to take care of yourself? How do they help you feel better?
3. Do you think self-care is easy or difficult? What makes it hard to prioritize self-care in your life?
4. Have you ever felt like you don't have time for self-care? What are some reasons people don't take the time to care for themselves?
5. How can taking care of yourself help you stand up to pressures in your life, whether they come from school, family, or social expectations?



# ACTIVITY

## *Recipe for Self Care*

- **Body Care Ingredients:** Rest, hydration, favorite foods, movement they enjoy.
- **Emotional Care Ingredients:** Calling or texting a friend, journaling, creative outlets.
- **Mental Care Ingredients:** Time for themselves, setting boundaries, saying “no” when needed, seeking help when feeling overwhelmed.
- **Fun Ingredients:** Listening to music, watching a favorite show, playing a game, spending time in nature.

**WHAT IS ONE THING YOU CAN  
DO THIS WEEK AS AN ACT OF  
SELF-CARE?**



# THANK YOU!

INTERESTED IN BRINGING BODY EMPOWERMENT PROJECT TO YOUR SCHOOL?

CONTACT:

CHRISTINA MIRANDA, STANFORD MEDICAL STUDENT

CHRISTINA@BODYEMPOWERMENT.NET

OR

MADELEINE PARK, CASTILLEJA SCHOOL

MADDIECPARK@GMAIL.COM

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