

DISCUSSION RECAP

- Approach this work with curiosity and playfulness, not another set of rigid rules
- The idea of “what counts” (if I didn’t sweat it didn’t count, a walk is “not enough”).
- The idea of having different parts of yourself — when you feel that self-critical, harsh voice come on, does a more self-compassionate one respond? And can that voice be radically self-compassionate? (e.g. you can go easy on yourself because you moved x amount yesterday).
- Joyful movement feels harder than Intuitive Eating (food) for some reason.
- Movement can mean so many activities (vacuuming, watering plants, washing dishes)
- 10,000 steps is made up and arbitrary.
- Carrying the dog out of the woods — pieces of training that could be more values- or function-driven.
- Feeling like it’s easier to claim “movement” rather than exercise (and gym culture).
- “Pain is pain” —> it’s not weakness leaving the body
- Am I actually unathletic? Or have I just not tried due to the shame and toxic culture? Not even getting the chance to find out.
- Having to prove yourself as a larger bodied person in the gym.
- Loving dance, choreography UNTIL it becomes conflated with exercise.
- In-person classes are triggering and can make you want to be competitive/achieve someone’s body size or fitness by “working harder”

JOURNAL RECAP

Journal exercise: What would it look like to redefine my relationship with exercise? Why is this so important to me?

- It does feel good to move (during and after), so why can’t I do it?
- No more “courtroom” style arguments in head.
- Loving exercising, but still not doing it due to all the baggage, shame, guilt (so much “stuff”).
- The “snowball” of *wow I loved that, I should do it every day, 7x a week*. Instead, can I just take it day by day and also let myself not do it again?
- The awfulness of “should”.
- Realizing I don’t actually like structure, important realization.
- Body changes during quarantine, new chronic pain, trying to resist judgment and shame around what your body used to be able to do.
- Unable to care for chronic pain the way I used to.
- Acceptance feels like “giving up” on your body... instead, can we think of accepting ourselves as meeting ourselves where we’re at today?
- All the brain space scheduling exercise can take up —> physically and mentally exhausting
- Calling it “anxiety management” instead of exercise.
- Harder, longer, more intense exercise is always depicted as a good thing.
- Try to avoid blaming yourself for YET another thing... thinking about exercising “the wrong way”.

- It's human to compare yourself with others... Can you just notice it? "Oh, there's a comparison thought". File it away, or whatever visual works for you (comparison devil on your shoulder — telling it "thanks, but I'm okay today")
- If you're in high-thought mode, nothing will change that. Strategy to switch thoughts to a different stimulus (look for everything that's red).
- FOMO on a nice day, feeling more anxious when the weather is nice.
- You CAN leave a class, especially on Zoom!

INTENTIONS

Jessi's suggestion:

- What are the thoughts that come up in your head during movement? (Or if you're not moving, try to notice what "should" thoughts pop up?)
- Get curious around how much time you're moving, more gentle movement, a whole rest day - try it out.

Group suggestions:

- Trying different forms of movement to see what feels good.
- How can movement be more like a kid? Hopscotch, skip-it, pogo stick, HORSE, four square, skipping; walking but don't step on a crack.
- Approaching exercise with more playfulness - can I open myself up to the possibility that movement can be more playful? Or can look different than 150 minutes/day etc.
- Can I give myself permission to just enjoy a nice day without having to exercise?