



- LET'S DO THIS! -







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You are about to embark upon a life-changing journey, and we are here to support you along the way.



A message from Dr. Tamara Pryor, Clinical Director and Director of Clinical Research at EDCare.

Our bodies are not the enemy and it is time we stop viewing them as such. In 2018, it is our goal to help break this vicious cycle and encourage body positivity through action. To help in this endeavor, we need a tool that goes beyond theory. A tool which

allows us to utilize real and practical information on how to address and alter negative comments about ourselves and others. Something not influenced by the media. We need a reminder that beauty goes beyond the size and shape of our bodies, the color of our skin and our sexual orientation. How being different is one of the greatest gifts of all.

We couldn't find a tool that could combine the facts and the fun....so we created one! Our 2018 EDCare Calendar is a reliable resource you can turn to when you need help. Created by our staff, you will find each month packed with fun and practical ways to reconnect with your authentic self by giving and receiving care. The monthly themes and weekly therapeutic-based experiences will aid you on your journey to recovery. If you find yourself in need, connect with us on Facebook, Twitter, Instagram and LinkedIn for additional resources and support throughout the year.

Armed with this tool, know recovery IS possible and 2018 can be your fresh start. What are you waiting for? LET'S DO THIS!







January 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|-------------------------------|---------|-----------|----------|--------|----------|
| 31 | New Year's Day | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | Martin Luther King Jr. Day | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |

- · Make a list of 12 new things you'd like to do this year & try one every month
- · Make plans with a friend to face a fear together
- · Do a weekend or overnight getaway to a new place you've been wanting to see
- · Call a friend or family member you haven't talked with in a while



SPREAD THE



February 2018

| 28 | 29 | | | | | |
|----|--------------------|-----------------------------------|--------------------|----|--------------------------|-------------------------|
| | 20 | 30 | 31 | 1 | 2 Groundhog Day | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 Valentine's Day | 15 | 16 | 17 |
| 18 | 19 President's Day | 20 | 21 | 22 | 23 National Eating Diso | 24 rders Awareness Week |
| 25 | 26 | 27 Sating Disorders Awaren | 28 ness Week | 1 | 2 | 3 |

- · Participate in Operation Beautiful
- · Write a love letter to someone in need
- · Take yourself on a recovery-focused date
- Write yourself a love letter to read whenever you are struggling







March 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------|--------|----------------------|-----------|----------|--------------------------------|------------------------|
| 25 | 26 | 27 | 28 | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Daylight Savings Begins | 12 | 13 | 14 | 15 | 16 | 17 Saint Patrick's Day |
| 18 | 19 | 20 Spring Equinox | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | Passover Begins Good Friday | 31 |

- Step outside your comfort zone: take a cooking class solo or with a friend!
- · Connect with family or friends over a meal (no electronics allowed!)
- · Make your favorite meal or dessert from your childhood & share with others
- · Get creative in the kitchen! Prepare a new recipe







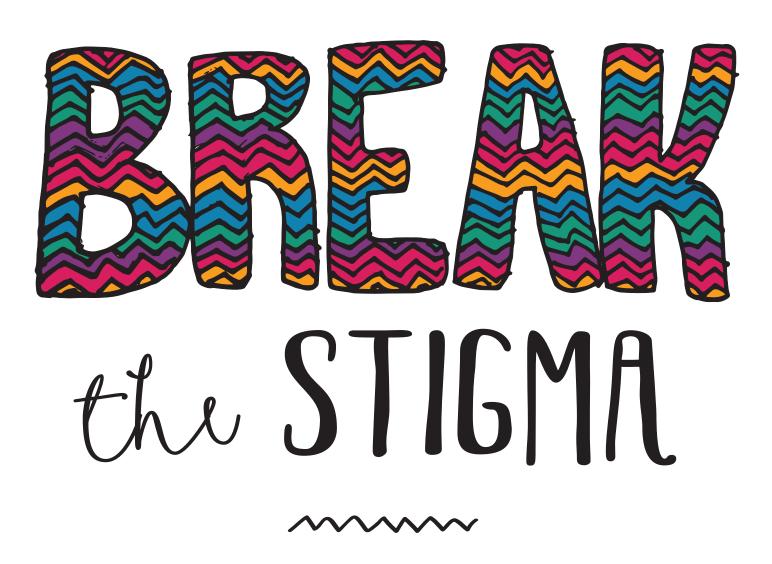
April 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------|--------|-------------------|-----------|----------|--------|------------------------|
| 1 Easter | 2 | 3 | 4 | 5 | 6 | 7 Passover Ends |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 Tax Day | 18 | 19 | 20 | 21 |
| 22 Earth Day | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 1 | 2 | 3 | 4 | 5 |

- · Take photos of the outdoors and appreciate what you capture
- · Read a book in the park or your favorite outdoor space
- · Engage your 5 senses taste, touch, sight, smell and hearing
- · Turn off notifications on your phone to allow yourself to be more present



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# May 2018

| SUNDAY       | MONDAY          | TUESDAY           | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY            |
|--------------|-----------------|-------------------|-----------|----------|--------|---------------------|
| 29           | 30              | 1                 | 2         | 3        | 4      | 5                   |
| 6            | 7               | 8                 | 9         | 10       | 11     | 12                  |
| Mother's Day | 14              | 15 Ramadan Begins | 16        | 17       | 18     | 19 Armed Forces Day |
| 20           | 21              | 22                | 23        | 24       | 25     | 26                  |
| 27           | 28 Memorial Day | 29                | 30        | 31       | 1      | 2                   |

- Watch the 'Embrace' documentary with a friend or family member & engage in a discussion after
- Journal about 3 ways you can improve taking care of your mental health
- Join NAMI's Stigmafree campaign
- Visit the NEDA website & find a helpful tip to pass onto a friend or loved one









### June 2018

| SUNDAY          | MONDAY | TUESDAY | WEDNESDAY | THURSDAY                 | FRIDAY | SATURDAY |
|-----------------|--------|---------|-----------|--------------------------|--------|----------|
| 27              | 28     | 29      | 30        | 31                       | 1      | 2        |
| 3               | 4      | 5       | 6         | 7                        | 8      | 9        |
| 10              | 11     | 12      | 13        | Ramadan Ends<br>Flag Day | 15     | 16       |
| 17 Father's Day | 18     | 19      | 20        | 21<br>Summer Solstice    | 22     | 23       |
| 24              | 25     | 26      | 27        | 28                       | 29     | 30       |

#### Monthly Experience:

Visit www.itspronouncedmetrosexual.com and find:

- · When Someone Comes Out: Do's and Don'ts
- Breaking through the Binary: Gender Explained Using Continuums
- · Genderbread Person v3
- · You Soup







# -BEAN-



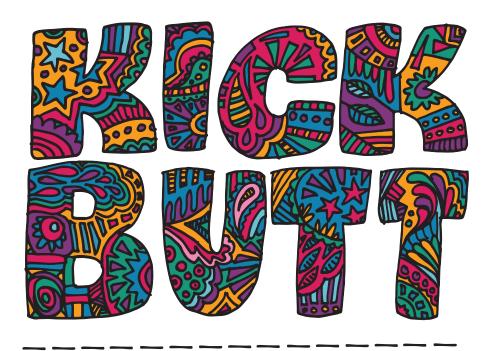
# July 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY          | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|--------------------|----------|--------|----------|
| 1      | 2      | 3       | 4 Independence Day | 5        | 6      | 7        |
| 8      | 9      | 10      | 11                 | 12       | 13     | 14       |
| 15     | 16     | 17      | 18                 | 19       | 20     | 21       |
| 22     | 23     | 24      | 25                 | 26       | 27     | 28       |
| 29     | 30     | 31      | 1                  | 2        | 3      | 4        |

- · Advocate for a cause you are passionate about by joining their nonprofit or charity
- Use your voice to advocate for YOURSELF
- Join your local Project Heal Chapter or become involved with NEDA
- Use social media as a platform to spread awareness about your passion



# WAKEUP



DEPENT



# August 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 29     | 30     | 31      | 1         | 2        | 3      | 4        |
| 5      | 6      | 7       | 8         | 9        | 10     | 11       |
| 12     | 13     | 14      | 15        | 16       | 17     | 18       |
| 19     | 20     | 21      | 22        | 23       | 24     | 25       |
| 26     | 27     | 28      | 29        | 30       | 31     | 1        |

- · Research the closest NEDA walk & attend
- · Subscribe to 'Phit For A Queen: A Female Athlete Podcast' by visiting their Facebook page
- Attend a local sporting event (or two!)
- · Journal about your identity as an athlete



# COMMEGT - AND GET





# September 2018

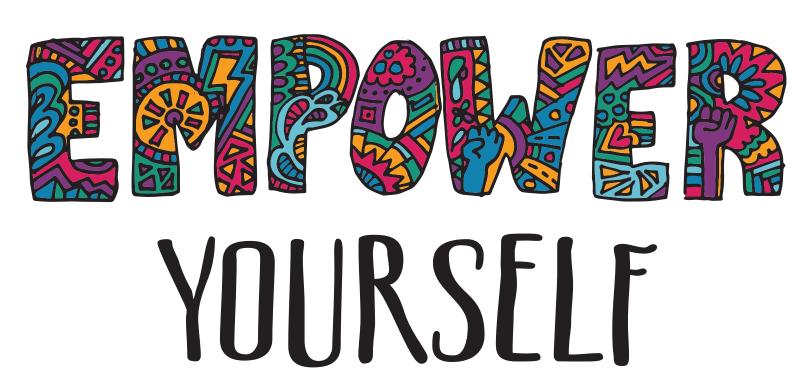
| SUNDAY                  | MONDAY         | TUESDAY               | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY            |
|-------------------------|----------------|-----------------------|-----------|----------|--------|---------------------|
| 26                      | 27             | 28                    | 29        | 30       | 31     | 1                   |
| 2                       | 3<br>Labor Day | 4                     | 5         | 6        | 7      | 8                   |
| Rosh Hashanah<br>Begins | 10             | Rosh Hashanah<br>Ends | 12        | 13       | 14     | 15                  |
| 16                      | 17             | 18                    | 19        | 20       | 21     | 22 Autumnal Equinox |
| 23                      | 24             | 25                    | 26        | 27       | 28     | 29                  |

- Subscribe & listen to 'The Eating Disorder Recovery Podcast' with Dr. Janean Anderson available on iTunes
- Reconnect with a friend over coffee instead of texting or phone call
- · Challenge yourself to go a day or even a week social media free
- Remind others that their value is not rooted on how they look











#### October 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY    | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|--------------|----------|--------|----------|
| 30     | 1      | 2       | 3            | 4        | 5      | 6        |
| 7      | 8      | 9       | 10           | 11       | 12     | 13       |
| 14     | 15     | 16      | 17           | 18       | 19     | 20       |
| 21     | 22     | 23      | 24           | 25       | 26     | 27       |
| 28     | 29     | 30      | 31 Halloween | 1        | 2      | 3        |

- · Connect: Introduce yourself to someone new
- · Accept: That you are enough
- · Mindfulness: Be mindful that everybody's journey through life is different
- Sense of Self: Take an expressive class that you have wanted to try
- · Action: Make a plan to \_\_\_\_\_



HI IIIII GRATITUUL





#### November 2018

| SUNDAY             | MONDAY                     | TUESDAY | WEDNESDAY | THURSDAY                   | FRIDAY | SATURDAY |
|--------------------|----------------------------|---------|-----------|----------------------------|--------|----------|
| 28                 | 29                         | 30      | 31        | 1                          | 2      | 3        |
| Daylight Savings   | 5                          | 6       | 7         | 8                          | 9      | 10       |
| 11<br>Veterans Day | Veterans Day<br>(Observed) | 13      | 14        | 15                         | 16     | 17       |
| 18                 | 19                         | 20      | 21        | <b>22</b> Thanksgiving Day | 23     | 24       |
| 25                 | 26                         | 27      | 28        | 29                         | 30     | 1        |

- · Take the 30-Day Gratitude Challenge
- · Complete a gratitude mandala
- Write a thank you note to someone who has supported you through your recovery or a particularly hard week
- · Practice patience while waiting in a line









#### December 2018

| SUNDAY          | MONDAY                                 | TUESDAY             | WEDNESDAY            | THURSDAY | FRIDAY                          | SATURDAY |
|-----------------|----------------------------------------|---------------------|----------------------|----------|---------------------------------|----------|
| 25              | 26                                     | 27                  | 28                   | 29       | 30                              | 1        |
| Hanukkah Begins | 3                                      | 4                   | 5                    | 6        | Pearl Harbor<br>Remembrance Day | 8        |
| 9               | 10<br>Hanukkah Ends                    | 11                  | 12 Winter Solstice   | 13       | 14                              | 15       |
| 16              | 17                                     | 18                  | 19                   | 20       | 21                              | 22       |
| 23              | 24 Christmas<br>Eve  New Year's Eve 31 | 25<br>Christmas Day | 26<br>Kwanzaa Begins | 27       | 28                              | 29       |

- · Find a meditation that focuses on setting intentions & practice this weekly
- · Have a self-care inspired day & reflect on this past year
- Journal about a challenge this past year that you were able to turn into a success/positive experience
- · Set an intention for the upcoming New Year





# You are not alone!

Help is just a call/click away.





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