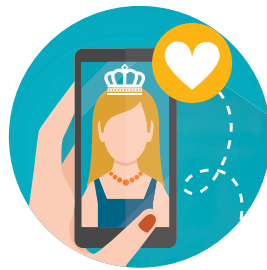


# EDCare Calendar 2017

Nourishing Success



Jan



Feb



Mar



Apr



May



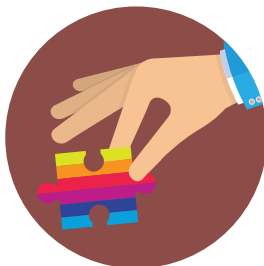
Jun



Jul



Aug



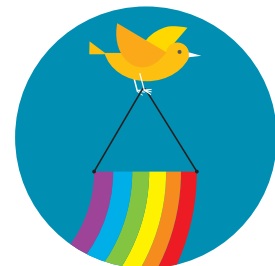
Sep



Oct



Nov



Dec

You are not alone!  
Help is just a call/click away.



[www.eatingdisorder.care](http://www.eatingdisorder.care) • (866) 771-0861

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.**

This EDCare calendar has been developed to support the recovery journey. We believe that recovery is possible. It is a journey with stages, cycles, ups, downs, pitfalls and successes. No one can put a time frame on recovery. It is a process, not an event. It is unique to each individual and requires determination, commitment, and the support of friends and family.

This EDCare calendar provides ways to explore new behaviors and develop new ways of thinking. May you use it in good health and to keep hope alive for lasting recovery.

The recovery journey is colorful, messy, scary, and ultimately freeing. With our **CAMSA™** treatment model, our clinical teams have created therapeutic-based experiences for each week of every month for an entire year to help you begin your journey in a positive, challenging, and healing way. We believe that there is strength in community, and that is why we provide several social media outlets to connect you with others on the same journey. Visit us on Facebook at **EDCare Denver, EDCare Colorado Springs and EDCare Kansas City**. On Twitter, **EDCare**. On LinkedIn, **Eating Disorder Care**. On Instagram, **DefiningMe.me**.

# Be courageous.

“

Have the courage  
to follow your heart  
and intuition.  
They somehow know  
what you truly  
want to become.

”

*Steve Jobs*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	2	3	4

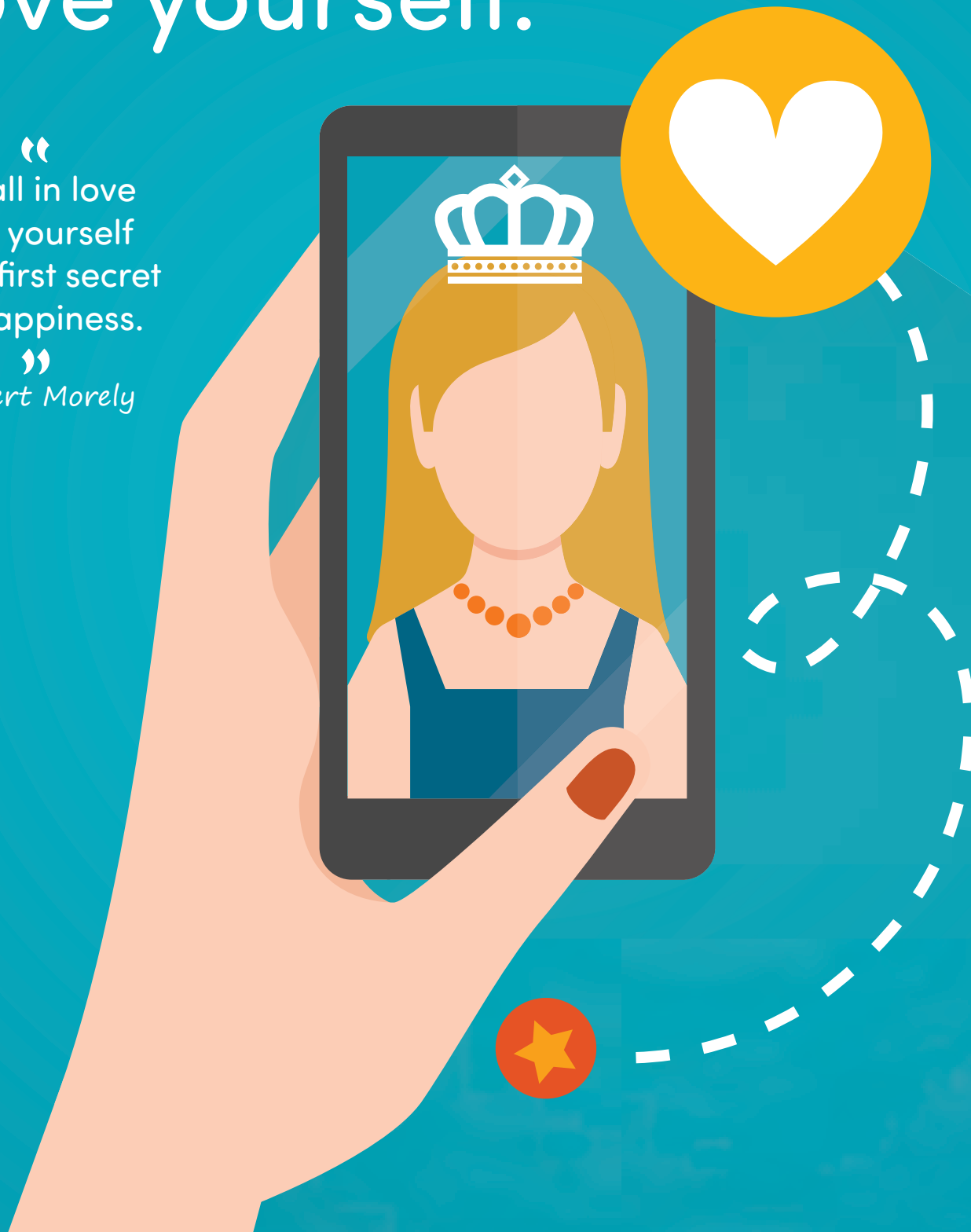
## Weekly Experiences:

- Stick up for something that you believe in.
- Ask a support person for what you need.
- Tap into your inner Rosie the Riveter – use your voice.
- Say no to something you really don't want to do – with no explanation or excuses.
- Admire someone else's beauty without questioning your own.

# Love yourself.

“  
To fall in love  
with yourself  
is the first secret  
to happiness.”

”  
*Robert Morely*



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	1	2	3	4
<div>← National Eating Disorder Awareness Week →</div>						

## Weekly Experiences:

- List 3 things you love about yourself (extra step: look in the mirror and say these things to yourself, with a smile).
- Make a self-esteem collage.
- Practice laughing... at yourself too!
- Write vows to yourself.
- Eat like you love yourself, move like you love yourself, speak like you love yourself, act like you love yourself.

# Tap into your spirituality.

“  
At the crossroad,  
where do you turn to?  
Listen to your inner-self,  
it will point the right road  
for you to follow.”

”  
*Lailah Gifty Akita*





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	1	2	3	4
<div>← National Eating Disorder Awareness Week →</div>						
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

## Weekly Experiences:

- Find a quote about spirituality that expresses your beliefs.
- Explore what spirituality means to you and engage in an activity that connects you with it.
- Make a date with nature! Mindfully engage your senses and connect with what you are noticing around you.
- Feed your spirit (examples: swing on a swing, go for a drive, visit a new place, spend time with an uplifting friend).
- Watch a sunrise or sunset.

# Find your way.

“  
Go confidently  
in the direction  
of your dreams,  
live the life  
you have imagined.

”  
*Henry David Thoreau*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	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	<p><b>Weekly Experiences:</b></p> <ul style="list-style-type: none"> <li>• Describe a time of trial that made you stronger.</li> <li>• Make a list of three ways you have gained a new and more positive perspective on your life as a result of a difficult experience.</li> <li>• Journal opportunity - "A time where I felt increased personal strength was..."</li> <li>• Look in the mirror and repeat: "I am resilient!"</li> </ul>					

# Share kindness.

“  
I believe that every  
human mind feels pleasure  
in doing good to another.

”  
*Thomas Jefferson*



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	1	2	3

## Weekly Experiences:

- Engage in a random act of kindness!
- Volunteer for a charity you are passionate about.
- Make a donation to a cause.
- Hold the door open for someone whose hands are full.
- Smile at someone who looks like they could use it!

Explore  
your  
sexuality.



“  
Sexuality is one of the ways  
that we become enlightened,  
actually, because it  
leads us to self-knowledge.

”  
*Alice Walker*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	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	1

## Weekly Experiences:

- Explore the differences between objectification and empowerment.
- Have a sensual night in: Light scented candles, listen to soft music, wrap-up in your favorite cuddly blanket.
- Journal about the elements of an intimate relationship you value and desire.
- Choose to wear an accessory that makes you feel sexy and confident.

# Become judgment-free.

“  
When we have become  
completely free from the  
need to judge, we will also  
become completely free  
from the fear of being  
judged.

”  
*Henri Nouwen*





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	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	<b>Weekly Experiences:</b> <ul style="list-style-type: none"> <li>• Read Carolyn Costin's book, "8 Keys to Recovery from an Eating Disorder" (specifically pages 241-245 on Truth Without Judgment).</li> <li>• Try a day "make up free" or wear something that is "really you".</li> <li>• Create artwork that you cannot change or re-do once started.</li> <li>• Ask a friend to talk with you about a belief they have that disagrees with your own.</li> </ul>				

# Understand your vulnerabilities.

“  
Vulnerability is our most  
accurate measure  
of courage.”

”  
*Brene Brown*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	2

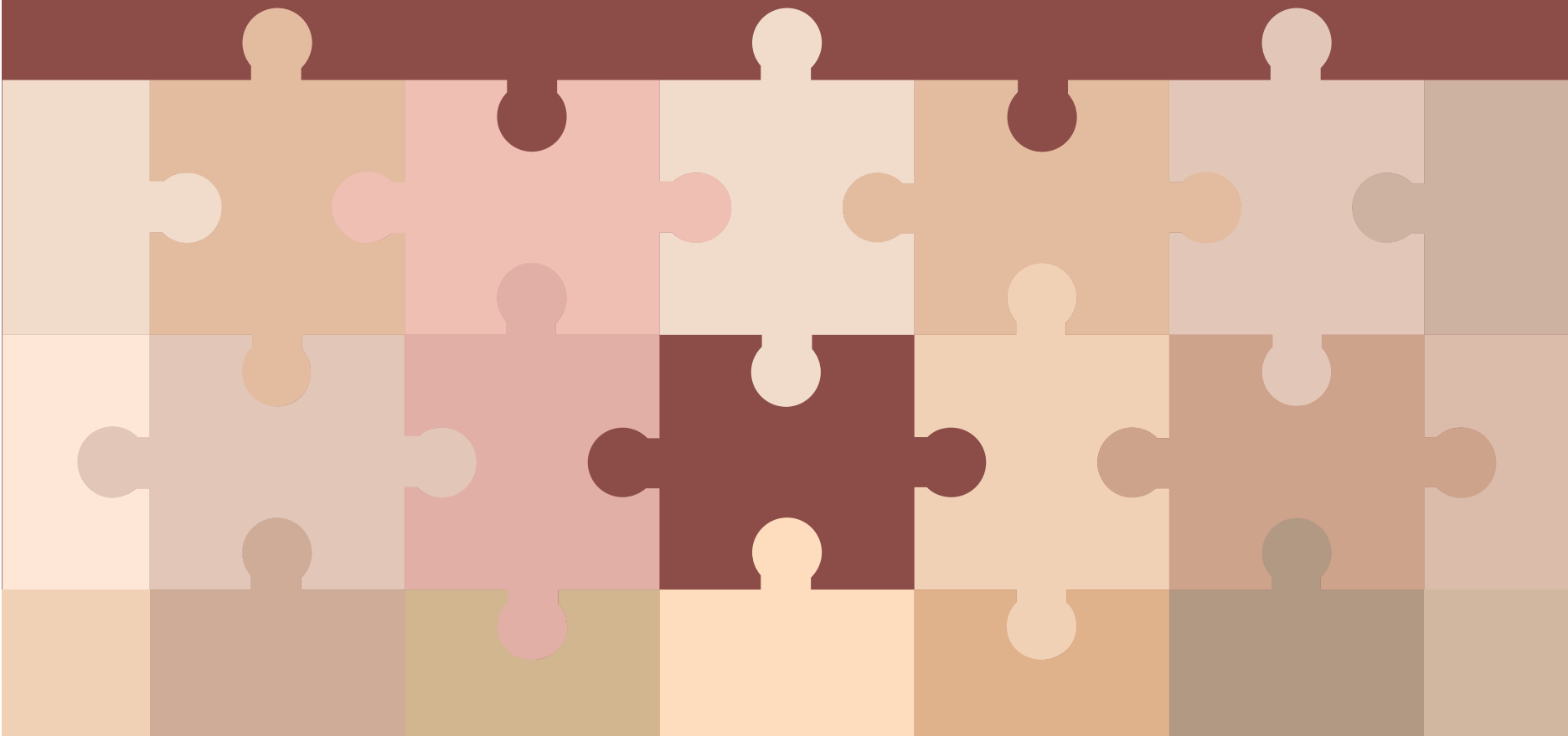
## Weekly Experiences:

- Watch Brené Brown's TEDTalk on Vulnerability. Twice!
- Find a safe person to open up about an important event in your life that you don't usually share.
- Take a step towards your dream without the guarantee of success!
- Identify an area in your life that is generating stress or challenge, and ask someone for help.

# Embrace diversity.

“  
Diversity is about all of us,  
and about us having to  
figure out how to walk through  
this world together.”

”  
*Jacqueline Woodson*



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	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## Weekly Experiences:

- Get curious! Research a different culture or background than your own.
- Take a moment to be mindful of your own judgments or stereotypes of others around you.
- Watch the movie "Crash".
- Attend a community event or religious service honoring a different culture.

# Unleash your inner child.



“  
Unleash your  
inner child,  
be a little wild.”

”  
*Laura Brusseau*



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22	23	24	25	26	27	28
29	30	31	1	2	3	4

## Weekly Experiences:

- Get playful! Grab a friend and play your favorite board game.
- Use fall leaves for fun! Jump in a mound and swish around.
- Dance to your favorite one-hit wonder.
- Color in a coloring book and mindfully engage in the process.
- Read a book you loved as a child.

# Own your body image.



“  
Life isn't meant  
to be lived  
perfectly...  
but merely  
to be LIVED.  
Boldly, wildly,  
beautifully,  
uncertainly,  
imperfectly,  
magically LIVED.”

”  
*Mandy Hale*



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19	20	21	22	23	24	25
26	27	28	29	30	1	2

## Weekly Experiences:

- Watch Amy Cuddy's TEDTalk "Your Body Language Shapes Who You Are".
- Take a minute out of your day to do a power pose.
- Write down five positive things your body does for you.
- Check out a body positive social media advocate to support your self-love.
- Use a dry erase marker to write your favorite body positive affirmations on your mirror.

# Be thankful.



Showing gratitude  
is one of the simplest,  
yet most powerful things  
humans can do  
for each other.



*Randy Pausch*



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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	<p><b>Weekly Experiences:</b></p> <ul style="list-style-type: none"> <li>• Complete a gratitude mandala (follow our social media this month to learn more!).</li> <li>• Write down five people or things for which you are grateful.</li> <li>• Send a thank you card to someone who has impacted you this year.</li> <li>• Volunteer to help someone who is overwhelmed by the holidays.</li> <li>• Use your commute to say your “gratefuls” on your way to school or work.</li> </ul>					

# You are not alone!

Help is just a call/click away.



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