



EDCare 

# 2019

*authentically you*



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



Denver  
(303) 771-0861

Colorado Springs  
(719) 578-5132

Kansas City  
(913) 945-1277

Lincoln  
(402) 408-0294

**CAMSA® is at the heart of everything EDCare does – it's what sets us apart**

**Connection:** There are opportunities to build connections every day. With yourself, with others, with your body, mind and spirit.

**Acceptance:** We must all work toward accepting ourselves as we are. Our thoughts and feelings, strengths and weaknesses. Acceptance of your authentic self empowers you to make changes in your life.

**Mindfulness:** Is the practice of being aware and connected to the present moment, not dwelling on the past or worrying about the future. It's about taking a non-judgmental stance in your daily life and focusing on what truly matters in the here and now.

**Sense of Self:** We must learn to identify our values and how they contribute to the development of who we are. Truly knowing oneself and what makes us unique is a prerequisite to being able to express our authentic self.

**Action:** We all have a conscious choice to act or not. To be successful and express our authentic self, we must take the skills we learn and apply them to our daily lives.



# How do we put into words something only you can experience?



Recovery requires more than simply going through the motions of treatment, it is a transformation. It means you must reconnect with one of your most valuable characteristics; something everyone has, yet many struggle to find and truly express... your authentic self.

To help you welcome and thrive in the New Year, team members from our four EDCare locations came together and created our annual empowerment calendar. This year our tool is dedicated to helping

you connect with your authentic self through our mindfulness-based treatment philosophy CAMSA®. What makes this model so unique is its ability to touch virtually every part of your life and how you define yourself. A resource any individual can utilize.

So, how do we put into words something only you can experience? The answer, we can't. But you can! Go above and beyond in 2019 to connect with YOUR authentic self. No matter where you are on your journey, this process will look different for everyone, but only you can make it happen! The best part? You don't have to go on this path of discovery alone! EDCare's 2019 calendar is our gift to you. Use its grounding weekly experiences and monthly themes to help you touch on all 5 aspects of CAMSA®. Look to us for inspiration and follow along each week by connecting with us on social media.

Wishing you an authentic year!

***Tamara Pryor, Ph.D., FAED***

***Executive Clinical Director and Director of Clinical Research at EDCare***





**CAMSA<sup>®</sup>**  
ACCEPTANCE

Express radical  
acceptance of your  
personal strengths  
and weaknesses

# *Celebrate* **YOU**

## **CREATE A** *motivational* **COLLAGE**

Use images,  
meditations, a list of  
songs and mantras  
that inspire you.

Tip: create a  
wallet size version  
to keep with you.



## *Decorate* *an acceptance jar*

Every time you pass by it, write  
something you appreciate about  
yourself. Revisit the jar when you  
need to remind yourself why you  
are working on recovery.



Become aware of  
how your emotions  
change throughout  
the day



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 New Year's Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Martin Luther King Jr. Day	22	23	24	25	26
27	28	29	30	31	1	2

“ A radical self-love world is a world free from the systems of oppression that make it difficult and sometimes deadly to live in our bodies.”

–Sonya Renee Taylor  
Author of *The Body Is Not an Apology:*  
*The Power of Radical Self-Love*

#NourishingSuccess

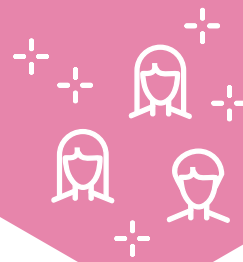




**CAMSA<sup>®</sup>**  
ACTION



Support  
Project  
Heal and  
find your  
closest  
chapter



***Donate to a  
Non-Profit***

Link your Amazon  
Smile account to  
NEDA or your  
local NAMI

# TAKE ACTION *in your* COMMUNITY



**EDUCATE  
YOURSELF**

find a recovery  
podcast to listen to



Attend an  
ANAD  
group

# February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	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 Presidents' Day	19	20	21	22	23
24	25	26	27	28	1	2
National Eating Disorder Awareness Week						

“ Personal power is the ability to take action. ”  
– Anthony Robbins

#NourishingSuccess





Create a work of  
art with food

**CAMSA<sup>®</sup>**  
MINDFULNESS



Nourish and  
care for a house  
plant and watch  
it grow



# *Nourishing* **SUCCESS**

Prepare a  
meal that  
represents your  
*heritage*

**EXPAND  
YOUR HORIZONS**

Try an ethnic dish you  
haven't had before

Cook a meal with  
family and friends



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24	25	26	27	28	1	2
	National Eating Disorder Awareness Week					
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Daylight Savings Begins						
17	18	19	20	21	22	23
St. Patrick's Day			Spring Equinox			
24	25	26	27	28	29	30
31						

“

Diet culture tells you that nutrition particulars must be controlled, counted, restricted, and obsessed over. Intuitive eating tells you that your body already has that under control and you can spend your time thinking about more important things.

”

– Corrie VanHorne, MS, LPCC, RD  
Omni Counseling and Nutrition

**#NourishingSuccess**





**CAMSA<sup>®</sup>**  
SENSE OF SELF



**CREATE A  
*self-care*  
plan** Make room  
in your schedule for  
“you” time



# *Start a Self-Care* **REVOLUTION**



Brainstorm ways to  
take care of yourself  
in each area of your  
personal, professional,  
emotional, social, and/or  
spiritual life



Make a list of  
barriers that get  
in the way of  
making self-care  
a priority

**PUT  
YOURSELF FIRST**

Give yourself  
permission to set  
boundaries and  
know when to say  
“no”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19 Good Friday Passover Begins	20
21 Easter	22 Earth Day	23	24	25	26	27 Passover Ends
28	29	30	1	2	3	4

“ Where we think we need more self-discipline, ”  
we usually need more self-love.

– Tara Mohr

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**CAMSA<sup>®</sup>**  
ACCEPTANCE




Walk in the  
world with  
loving  
acceptance  
of all you  
perceive

# SNAP *the* STIGMA

## *Raise Awareness*

about stigma and  
mental health  
issues. Visit  
[curestigma.org](http://curestigma.org)  
for ideas.



Ask a local bookstore  
to feature books  
about mental health

Take the  
StigmaFree  
Pledge at  
[www.nami.org](http://www.nami.org)

A dark grey hexagon containing white silhouettes of four people's heads and shoulders.

Talk to a friend or  
loved one about a  
time when stigma  
affected your life

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
5 Ramadan Begins	6	7	8	9	10	11
12 Mothers's Day	13	14	15	16	17	18 Armed Forces Day
19	20	21	22	23	24	25
26	27 Memorial Day	28	29	30	31	1

“ Reaching out for help when you are struggling is not a sign of weakness, it's actually a sign of courage. ”

– Jennifer Rollin, MSW, LCSW-C

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**CAMSA<sup>®</sup>**  
SENSE OF SELF



Watch films  
with positive,  
authentic  
depictions of  
LGBTQ+ life  
such as *Milk* or  
*The Birdcage*

# *Don't Hide Your Pride* **EXPRESS YOURSELF**

Wear your  
favorite  
statement  
piece



*Learn*

about LGBTQ+  
leaders in history  
(Bayard Rustin is a  
good start)

**ATTEND A  
PRIDE FESTIVAL**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4 Ramadan Ends	5	6	7	8
9	10	11	12	13	14 Flag Day	15
16 Father's Day	17	18	19 Juneteenth	20	21 Summer Solstice	22
23 30	24	25	26	27	28	29

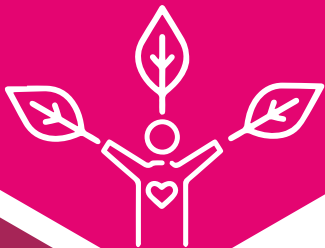
“ You deserve to be free in your body, your spirit, your mind, and your gender. You deserve the freedom to name, re-name, define, and re-define your body and yourself. Your worthiness is astonishing. Your wholeness lights up the room. ”

– Luca Pax, they/them & he/him,  
queer/nonbinary/masculine/transgender,  
Queer Asterisk Therapeutic Services

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**CAMSA<sup>®</sup>**  
ACTION

*Every***BODY**  
is beautiful

# *Celebrate* **SIZE DIVERSITY**

The 5 principles of Health At Every Size (HAES<sup>®</sup>)

**1**

## **WEIGHT INCLUSIVITY**

Accept and respect the inherent diversity of body shapes and sizes and reject the idealizing or pathologizing of specific weights.

**2**

## **HEALTH ENHANCEMENT**

Support health policies that improve and equalize access to information and services, and personal practices that improve human well-being, including attention to individual physical, economic, social, spiritual, emotional, and other needs.

**3**

## **RESPECTFUL CARE**

Acknowledge our biases, and work to end weight discrimination, weight stigma, and weight bias. Provide information and services from an understanding that socio-economic status, race, gender, sexual orientation, age, and other identities impact weight stigma, and support environments that address these inequities.

**4**

## **EATING FOR WELL-BEING**

Promote flexible, individualized eating based on hunger, satiety, nutritional needs, and pleasure, rather than any externally regulated eating plan focused on weight control.

## **LIFE-ENHANCING MOVEMENT** **5**

Support physical activities that allow people of all sizes, abilities, and interests to engage in enjoyable movement, to the degree that they choose.





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	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

“

Let's get real about the ideal. It sucks. It doesn't represent us, and it doesn't even try to. It refuses to acknowledge that people of all sizes, shapes, ages, skin colors, genders and abilities exist and are worthy of being seen, heard, and valued.”

”

– Megan Jayne Crabbe

@BodyPosiPanda

Author of *Body Positive Power:*  
*How learning to love yourself*  
*will save your life*

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MINDFULNESS

Go for a  
mindful and  
intentionally  
slow walk while  
using all of your  
senses



Take a restorative  
*yoga* class

# MINDFUL *Movement*



## MEDITATE

Try a guided  
meditation or breathing  
exercise activity  
(i.e. diaphragmatic  
breathing, box  
breathing)

Journal about a  
type of movement  
that puts a smile  
on your face and  
why it makes you  
feel energized



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	31

“ Movement should be a way that we can connect to our body, not to punish it. ”

– Rebecca McConville, RD, CSSD, CEDRD and Kara Shelman, LCSW, MPH  
Hosts of *Phit For A Queen: A Female Athlete Podcast*

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ACCEPTANCE

Open up and  
share your  
life story with  
someone who  
matters



*Make  
connections*

with someone  
you haven't spoken  
to in awhile and  
ask how they're  
doing

# EMBRACE *Vulnerability*

Increase your  
*empathy*  
by listening,  
feeling, and  
joining  
another's  
world



**HAVE  
COURAGE**

Try something new that you've  
never done before. Go to a  
different church service, take a  
self improvement class, or  
attend a community event.

Watch Brené  
Brown's  
"Power of  
Vulnerability"  
TED talk



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Autumnal Equinox	23	24	25	26	27	28
29 Rosh Hashanah Begins	30	1	2	3	4	5

“

It takes courage to confront another person, to ask for something more, and to make yourself vulnerable enough to say you want more from the relationship. Directly addressing and working through resentments and old hurts requires tapping into your wellspring of bravery; it's hidden away somewhere underneath all the lies your eating disorder has told you, convincing you that you can't do it. But, you can.

”

– Janean Anderson, Ph.D., CEDS-S  
Author of *Recover Your Perspective*  
and host of *The Eating Disorder Recovery Podcast*

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## *Connect Offline*

Try a day or week  
without social  
media

**CAMSA<sup>®</sup>**  
CONNECTION



Journal about  
what a healthy  
relationship  
looks like to you



# *Together* **WE CAN**



## **SPEND TIME**

with an old friend or  
family member



Volunteer with a friend  
to support your favorite  
cause or passion

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1 Rosh Hashanah Ends	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

“

My primary relationship is with myself – all others are mirrors of it. As I learn to love myself, I automatically receive the love and appreciation that I desire from others. If I am committed to myself and to living my truth, I will attract others with equal commitment. My willingness to be intimate with my own deep feelings creates the space for intimacy with another. As I learn to love myself, I receive the love I desire from others.

”

— Shakti Gawain





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SENSE OF SELF



*Think of a song*  
that lets you feel a  
connection to your  
gender, whatever  
it is. Listen to it  
twice.

Do something  
positive that feels  
"traditionally  
masculine." Hold  
a door, fix  
something you've  
been meaning  
to fix.

# *Movember* FOR MENTAL HEALTH

Visit <https://us.movember.com/mens-health/mental-health>



## REACH OUT

to a male friend and let  
him know you appreciate  
him, even (or especially)  
if it feels awkward. Men  
often forget to express  
appreciation for  
each other.



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

“

The stereotype is that males are supposed to look a certain way and if you don't, then you're somehow at a disadvantage. A lot of these stigmas that we're associating with men coming out about their eating disorders and feeling emasculated are ruining people's identities. I really love the idea of being body-positive and teaching people to be confident in who they are.

”

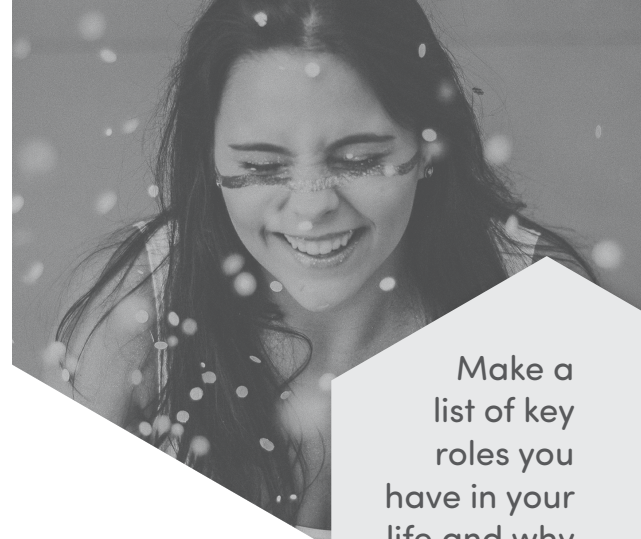
— Mike Marjama  
Former MLB Catcher, Seattle Mariners  
NEDA Ambassador  
Mental Health Advocate

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CONNECTION



Make a  
list of key  
roles you  
have in your  
life and why  
those are  
valuable

# *Let's* **GATHER**

Host a  
family/friend  
game night  
or watch a  
holiday movie  
together



*Find a local  
support group*  
or online community for  
support through the  
holidays



Try a new activity  
to help reduce  
stress

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7 Pearl Harbor Remembrance Day
8	9	10	11	12	13	14
15	16	17	18	19	20	21 Winter Solstice
22 Hanukkah Begins	23	24 Christmas Eve	25 Christmas Day	26 Kwanzaa	27	28
29	30 Hanukkah Ends	31 New Year's Eve	1	2	3	4

“ This is the power of gathering: it inspires us, delightfully, to be more hopeful, more joyful, more thoughtful: in a word, more alive. ”

– Alice Waters

#NourishingSuccess



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[www.eatingdisorder.care](http://www.eatingdisorder.care)



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Denver

(303) 771-0861

4100 East Mississippi Avenue  
Suite 1300  
Denver, CO 80246



**EDCare**   
Colorado Springs

(719) 578-5132

3460 Briargate Boulevard  
First Floor  
Colorado Springs, CO 80920



**EDCare**   
Kansas City

(913) 945-1277

8500 Shawnee Mission Parkway  
Suite L-1  
Merriam, KS 66202



**EDCare**   
Lincoln

(402) 408-0294

2917 Pine Lake Road  
Suite A  
Lincoln, NE 68516



EDCare  
EDCare Kansas City



@EDCareDenver



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