



a vision for  
your future

[2020 calendar]

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

# you are not alone

[help is just a call/click away]

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

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empowering eating disorder recovery through **CAMSA**<sup>®</sup>



There are opportunities to build connections every day. These connections help us grow and fully experience the world around us.



We must all work toward self-acceptance. Our thoughts and feelings, strengths and weaknesses are an inherent part of who we are. Acceptance of your authentic self empowers you to make changes in your life.



It's 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.



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.



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.

# future

[noun: a time that is to come;  
an expectation of advancement  
or progressive development]



Change, it is inevitable. You might not like it, and that's okay. It's hard. It challenges how you define yourself, your relationships, even your perception of the world.

It means having to step outside of your comfort zone. But within these challenges is the ability to shape your future, to grow, to become more you.

2020 has arrived and with it, opportunity! Ask yourself – where do I see myself tomorrow? Next week? Next month? Next year? Every person has their own story and every one of us contributes something valuable to the world around us.

Creating a vision for your future not only depends on how you define it, but also on your ability to accept and grow with the constant flux of life.

This year, the team at EDCare invites you to once again utilize our mindfulness-based treatment philosophy CAMSA® and apply its five principles (Connection, Acceptance, Mindfulness, Sense of Self, and Action) to your life through our annual calendar. Each month contains a mantra, a piece of educational media, an experience, and a journal prompt. Thoughtfully chosen by our staff, each of these items will allow you to explore our overall monthly theme and how it applies to your unique sense of self-expression and personal development. Release your insecurities and self-doubt. Let your year be guided by hope and authenticity. The possibilities are endless and you are in control. Join the conversation and follow along by connecting with EDCare on social media. Embrace our challenge of change in 2020 and create a vision for your future!

Tamara Pryor, Ph.D., FAED

Executive Clinical Director and Director of Clinical Research at EDCare

**A special thank you to our community contributors. Learn more about them  
at [www.eatingdisorder.care/2020-edcare-calendar](http://www.eatingdisorder.care/2020-edcare-calendar)**



grateful

[adj: warmly or deeply appreciative of kindness or benefits received; thankful]



# january 2020

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sunday	monday	tuesday	wednesday	thursday	friday	saturday
29	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 Martin Luther King Jr. Day	21	22	23	24	25
26	27	28	29	30	31	1

## [be grateful for every BODY]

### monthly mantra:

I am grateful for my body because it is the vessel that carries me throughout life. —JENNIFER ROLLIN, LCSW

### watch:

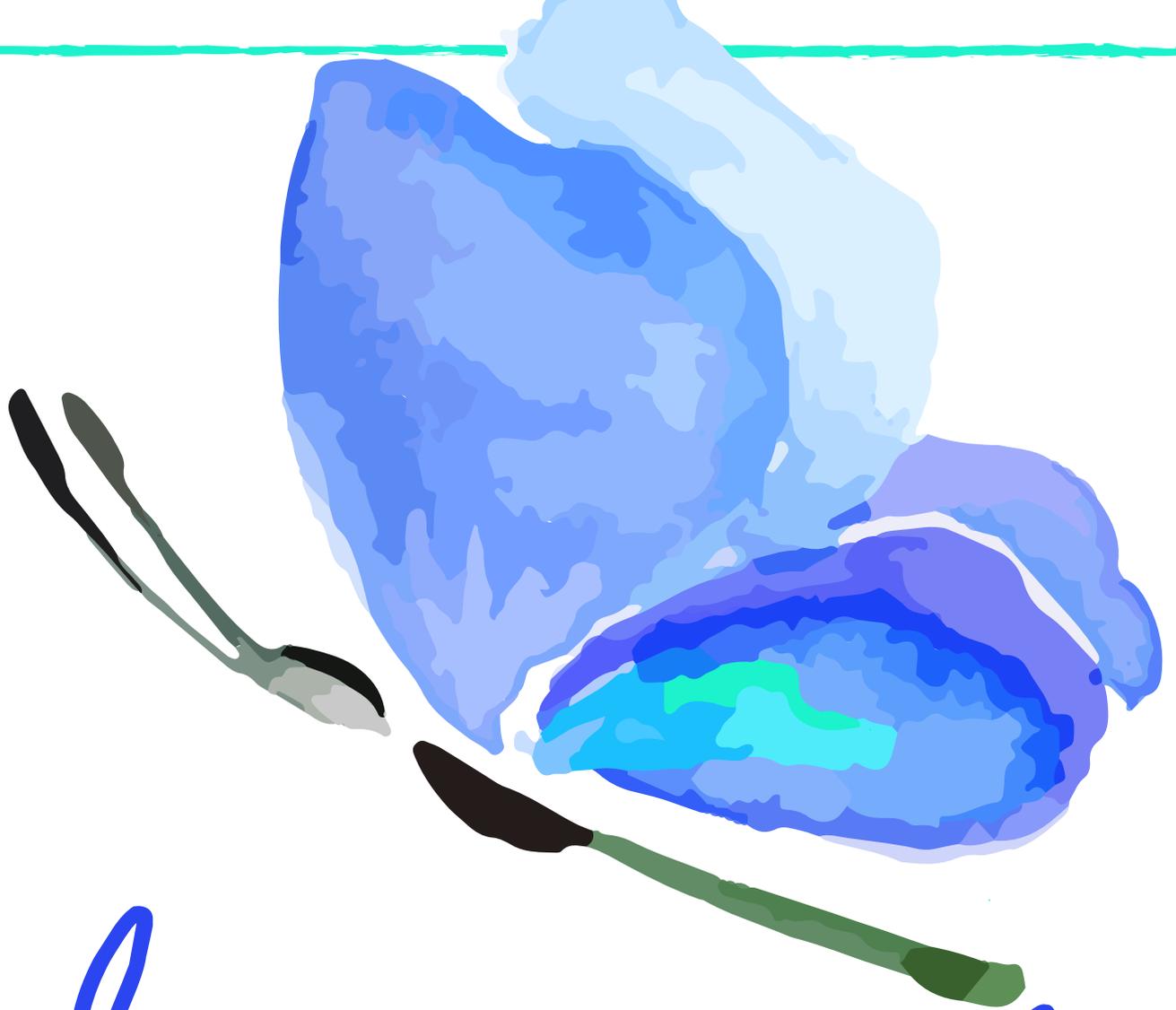
“I Am Fat – How to be Confident and Love Your Body at Any Size” —VICTORIA WELSBY  
[WWW.TINY.CC/BODY-CONFIDENT](http://WWW.TINY.CC/BODY-CONFIDENT)

### experience:

Pay attention to the little things your body does for you in a day that you may take for granted.

### journal prompt:

Write a thank you letter to your body.



advocate

[noun: a person who speaks or writes  
in support or defense of a person]



# february 2020

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sunday	monday	tuesday	wednesday	thursday	friday	saturday
26	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 Presidents' Day	18	19	20	21	22
23	24	25	26	27	28	29
National Eating Disorders Awareness Week						

## [make change happen]

### monthly mantra:

I will play an active part in the changes happening around me. —EDCARE ADMISSIONS TEAM

### read:

“Leading Eating Disorder Charities & Organizations” —LAUREN MUHLHEIM, PSYD, CEDS  
[WWW.TINY.CC/ED-ADVOCATE](http://WWW.TINY.CC/ED-ADVOCATE)

### experience:

Participate in a NEDAW event online or in your community.

### journal prompt:

How could engaging in advocacy/awareness work push you further into your recovery?



nourish

[verb: to cherish, foster,  
keep alive]



# march 2020

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sunday	monday	tuesday	wednesday	thursday	friday	saturday
1	2	3	4	5	6	7
8 Daylight Savings Begins	9	10	11	12	13	14
15	16	17 St. Patrick's Day	18	19 Spring Equinox	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

## [explore your relationship with food]

### monthly mantra:

Today and every day, I choose to be kind to myself around food. –NOURISHED WITH HANNAH

### listen to:

“Intuitive Eating for Teens & Beyond” –THE EATING DISORDER RECOVERY PODCAST WITH DR. ANDERSEN  
[WWW.TINY.CC/ANDERSEN-PODCAST](http://WWW.TINY.CC/ANDERSEN-PODCAST)

### experience:

Get to know the principles of Intuitive Eating and work to incorporate them into your daily routine.

### journal prompt:

Describe a memorable meal experience in as much detail as you can. What made it so significant? The food? The people?



[verb: to set or keep  
in motion]



# april 2020

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sunday	monday	tuesday	wednesday	thursday	friday	saturday
29	30	31	1	2	3	4
5	6	7	8 Passover Begins	9	10 Good Friday	11
12 Easter	13	14	15	16 Passover Ends	17	18
19	20	21	22 Earth Day	23 Ramadan Begins	24	25
26	27	28	29	30	1	2

## [move YOUR way]

### monthly mantra:

I give myself permission to be curious and explore movements that nourish my soul. –MOVEMENT IS MEDICINE

### listen to:

“Mental Health Advocate –Samantha Livingstone”  
–ON P.H.I.T. FOR A QUEEN PODCAST  
[WWW.TINY.CC/PHIT-PODCAST](http://WWW.TINY.CC/PHIT-PODCAST)

### experience:

Explore what joyful movement means to you and your body. Gather friends for a game of twister, tag, etc.

### journal prompt:

What were your favorite activities at recess or in gym class? What’s holding you back from doing them now?



*courage*

[noun: the quality of mind or spirit  
that enables a person to face  
difficulty, danger, pain without fear]



may 2020

sunday	monday	tuesday	wednesday	thursday	friday	saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10 Mother's Day	11	12	13	14	15	16 Armed Forces Day
17	18	19	20	21	22	23 Ramadan Ends
24	25 Memorial Day	26	27	28	29	30
31	1	2	3	4	5	6

## [courage over comfort]

### monthly mantra:

I am built for courage. —COLORADO THERAPY & ASSESSMENT CENTER

### watch:

“The Call to Courage” a Brené Brown documentary available on Netflix. —INVITE YOUR FRIENDS OR FAMILY TO WATCH WITH YOU

### experience:

Say hello to a stranger on the street or in the store. Build your “muscle” that overcomes that feeling of fear.

### journal prompt:

Describe a time you chose courage over comfort. Did it have a large effect on your life?



[noun: the condition of being oneself  
or itself, and not another]



# June 2020

sunday	monday	tuesday	wednesday	thursday	friday	saturday
31	1	2 World Eating Disorders Action Day	3	4	5	6
7	8	9	10	11	12	13
14 Flag Day	15	16	17	18	19	20 Summer Solstice
21 Father's Day	22	23	24	25	26	27
28	29	30	1	2	3	4

## [love IS love]

### monthly mantra:

My love is mine. –EDCARE DIVERSITY, EQUITY & INCLUSION COMMITTEE

### listen to:

“Considering Trans & Non-Binary Individuals in Eating Disorder Treatment” –WITH DR. GAUDIANI  
[WWW.TINY.CC/GAUDIANI-PODCAST](http://WWW.TINY.CC/GAUDIANI-PODCAST)

### experience:

Let your actions speak louder than your words.  
Make love a verb.

### journal prompt:

How does love look the same & different in your various relationships (self, friends, family, romantic, etc.)?



defy

[verb: to challenge the power of;  
resist boldly or openly]



# july 2020

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sunday	monday	tuesday	wednesday	thursday	friday	saturday
28	29	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

## [question “normal”]

### monthly mantra:

I am liberated from societal norms, I am my own norm. —OMNI COUNSELING & NUTRITION

### read:

Three steps to help you be more mindful about what you accept as “normal.” —WWW.TINY.CC/WHATS-NORMAL

### experience:

Talk with your family/friends about their definition of “normal.” In what ways have they questioned “normal?”

### journal prompt:

What are three societal norms you would like to challenge? In what ways can you challenge these norms?



boundary

[noun: something that indicates  
bounds or limits; a limiting  
or bounding line]



# august 2020

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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	31	1	2	3	4	5

[draw the line]

**monthly mantra:**

Setting a boundary is a way of valuing myself and others. —LANTERN PSYCHOLOGY

**read:**

“Boundaries and Eating Disorder Recovery”  
—KAYLA O'BRIEN | WWW.TINY.CC/ED-BOUNDARIES

**experience:**

Set a healthy boundary/make a decision that is best for **YOU**, not everyone around you. This is crucial to self-care.

**journal prompt:**

List three times you wish you would have said “no.”  
How would you handle it differently today?



[verb: to establish a social or sympathetic relationship with a person or thing]



# september 2020

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sunday	monday	tuesday	wednesday	thursday	friday	saturday
30	31	1	2	3	4	5
6	7 Labor Day	8	9	10	11	12
13	14	15	16	17	18 Rosh Hashanah Begins	19
20 Rosh Hashanah Ends	21	22 Autumnal Equinox	23	24	25	26
27 Yom Kippur	28	29	30	1	2	3

[you matter, you are not alone!]

**monthly mantra:**

I am not alone. I add value to my community just by being who I am. —THE EATING DISORDER FOUNDATION

**read:**

“Eating Disorders & Suicide Risk” —LAUREN MUHLHEIM, PSYD, CEDS | [WWW.TINY.CC/ED-SUICIDE](http://WWW.TINY.CC/ED-SUICIDE)

**experience:**

Find a support group to attend, whether online or in person. ANAD is a great option.

**journal prompt:**

Describe your top three values and why they matter to you. How can you incorporate them into your life more?



knowledge

[noun: awareness or familiarity gained  
by experience of a fact or situation]



# october 2020

**EDCare**   
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sunday	monday	tuesday	wednesday	thursday	friday	saturday
27	28	29	30	1	2	3
4	5	6	7	8	9	10 World Mental Health Day
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween

## [knowledge is power]

### monthly mantra:

I am my own health advocate. —EDCARE MEDICAL TEAM

### read:

Discover how Ask Me 3<sup>®</sup> can improve your communication with your health care provider.

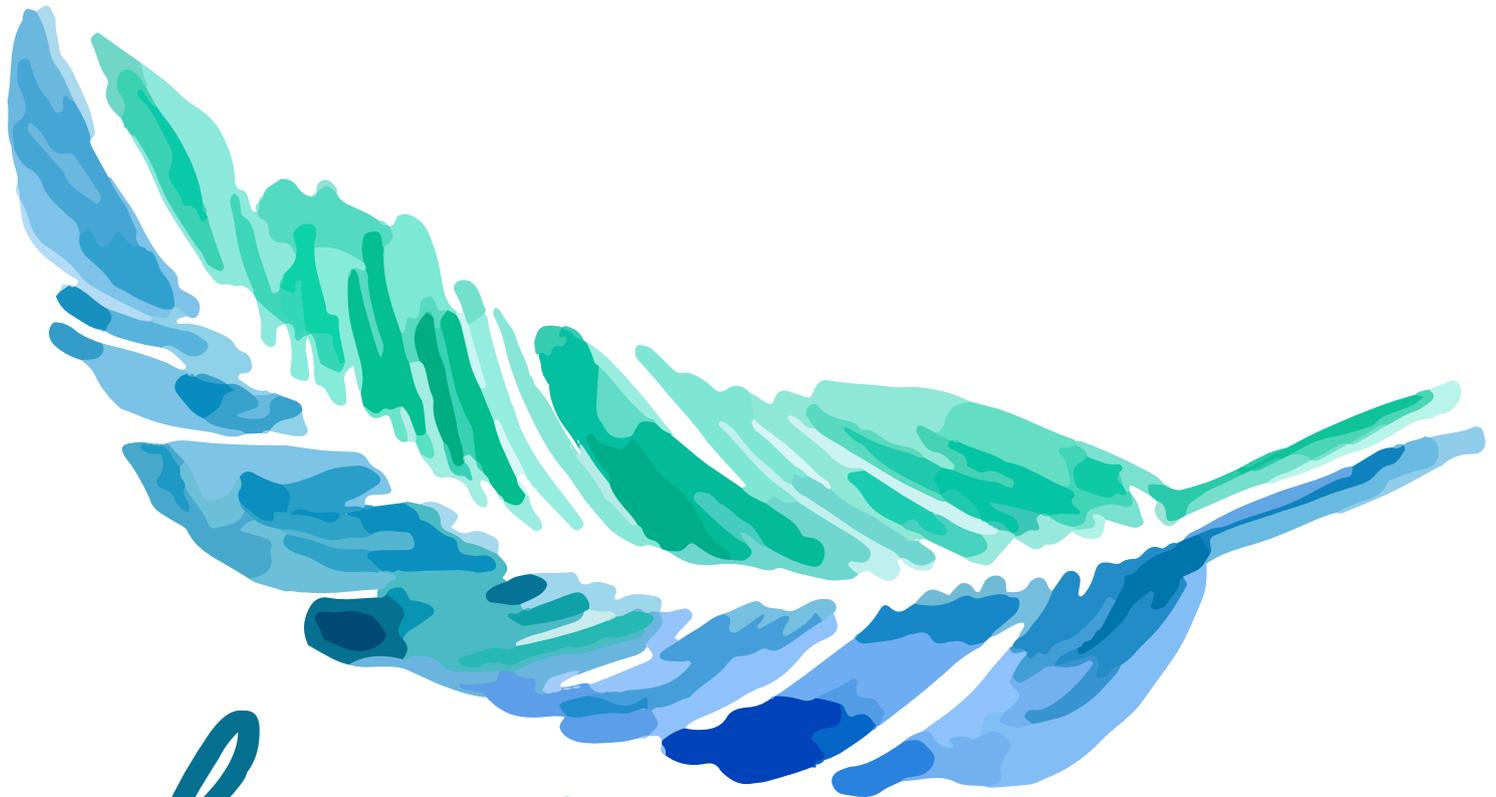
—WWW.TINY.CC/ASK-ME-3

### experience:

Prepare a list of questions you have for your health care provider. Commit to being open at your next visit.

### journal prompt:

What could you have done differently at your last wellness check-up to advocate for your health?



fairapy

[noun: philosophy created by Khesed Wellness  
in which clients are treated like humans,  
receiving affordable and accessible high-value  
counseling and wellness services™]



# november 2020

**EDCare**  
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sunday	monday	tuesday	wednesday	thursday	friday	saturday
1 Daylight Savings Ends	2	3 Election Day	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 Thanksgiving	27	28
29	30	1	2	3	4	5

## [men's mental health] by Khesed Wellness

### monthly mantra:

Do not shrink. Do not puff up. Stand my sacred ground.

### read:

How internalized masculinity can contribute to health care avoidance in men.

—WWW.TINY.CC/MENS-HEALTH

### experience:

Make plans to see a friend. Share something going on in your life that is important to you. Ask them to do the same.

### journal prompt:

If you didn't have to worry about money or other people's opinions, what hobbies/activities would you pursue?



thrive

[verb: to grow or develop  
vigorously; flourish]



# december 2020

**EDCare**   
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sunday	monday	tuesday	wednesday	thursday	friday	saturday
29	30	1	2	3	4	5
6	7 Pearl Harbor Remembrance Day	8	9	10 Hanukkah Begins	11	12
13	14	15	16	17	18 Hanukkah Ends	19
20	21 Winter Solstice	22	23	24 Christmas Eve	25 Christmas Day	26 Kwanzaa Begins
27	28	29	30	31 New Year's Eve	1	2

## [thrive over survive]

### monthly mantra:

I am in love with who I am becoming.

—EDCARE CLINICAL TEAM

### watch:

“Living Without Shame”

—WHITNEY THORE | [WWW.TINY.CC/WITHOUT-SHAME](http://WWW.TINY.CC/WITHOUT-SHAME)

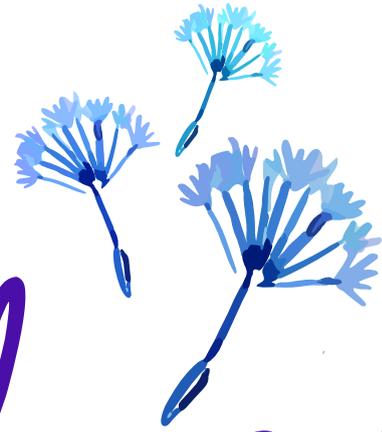
### experience:

Spend a day letting go of expectations. Go the extra mile and try it for an entire week.

### journal prompt:

How have you thrived, rather than just survived, in 2020? How can you keep the momentum going?

you are  
not alone



[help is just a call/click away]

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