

WELLBEING ON Y(OUR) TERMS

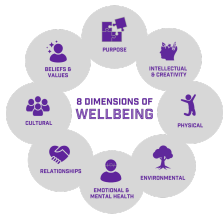
Supporting Diverse Wellness Needs and Interests Through Personal and Communal Advocacy in Wellness & Health Practices

Wellbeing = Personal Wellness (“your”) + Collective Wellness (“our”)



1. **Collective Wellness & Individualistic Wellness:** [What does it mean?](#) When one person in [a community](#) is not thriving it impacts all in the community. When a community (or society) has inequitable wellness and [health systems](#) and practices individuals are not able to thrive. [Equitable collective](#) and individual wellness are not binary. Choosing personal lifestyle habits that support health and wellbeing positively impacts the individual and the [community](#).

- a. **Do This:** Read [American Detox: The Myth of Wellness and How We Can Truly Heal](#), by Kerry Kelly



2. **Intersectionality of Identity:** There are many [dimensions of identity](#). Intersectionality of social identity may [impact health care](#) and [body image](#). Two specific components of identity to consider are: [Ableism](#) ([this is an example of ableism](#) with intersectionality considerations) and learn more from [this explanation](#); and [pronouns matter](#) (as well as [usage](#)).

- a. **Do This:** Draw a circle and then divide it into eight (or more) “wedges” or sections. In each of the sections write [an identity marker](#). Note: the center is you. How do you relate with what your circle shows?



3. **Mental Health:** [Generations-long stigmas](#) associated with mental health still negatively impact our society. As the [intersectionality of identity](#) impacts body image and healthcare, all three can have an [impact](#) on mental health. [Youth mental health](#) is an important component in education settings. Mental health is [multifaceted](#) and [interconnected](#) with all [dimensions of wellness](#).



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4. **BMI is Inaccurate** and ineffective: A Body Mass Index rating is [not an accurate indicator of health](#). → Most dangerously, it was created based on young, white males and the harmful concept of an “[ideal body](#)”. [Body Neutrality](#), [Diet Culture](#), [Body Dysmorphia](#), and [Fat Stigma](#): Any promotion of an “[ideal body image](#)” is based in [oppression](#) - of all identities - and [supports capitalism](#). Businesses are profiting off of people’s insecurities.. What does “[Health At Every Size](#)” mean?

- a. **Skip the Scale.** You do not have to be [weighed at doctor visits](#) (unless there are specific health reasons for weight to be tracked that you discuss with your doctor). The decision is yours.
- b. **Examples of Local** businesses that promote equitable wellness - NOT weight loss or body ideals:: [57Fit](#), [Bridges Through Yoga](#), [Healthy Roots Institute](#) (not a complete list). Check out the Be Real [Body Kind](#) curriculum.
- c. **Do This:** Read *Weightless* by Evette Dione and watch the [video introduction](#). **In addition**, search for “yoga”, “weight lifting”, “runners”, “fitness”, “wellness” or “healthy” on social media. What are the images? What do the bodies look like? How does it make you feel?



5. **Health Care Terms:** What does it all mean: [Functional](#), [Integrative](#), [Alternative](#), [Holistic](#), [Naturopathic](#), [Acupuncture](#), [Chiropractic](#), [Ayurvedic](#), [nature-based medicine](#) (and [Children’s Outdoor Bill of Rights](#)), and [midwifery](#)? There are other [modalities](#) of, and many [disparities](#) to [access](#), [health](#) and [wellness care](#), including [maternal care](#).

- a. **Health Policy:** [What it means](#) and what [health literacy](#) means. [Health policy has not fixed](#) all of the [gaps in health care](#) disparities. Additionally, [racial concordance](#)—when a patient and provider share the same racial identity—positively impacts treatment beyond what health policy does.
- b. Local organizations making a difference in health access, treatment and outcomes: [BCCS Health Resource Center](#); [Roots](#) Community Birth Center and work towards [more equitable birth outcomes](#); [NorthPoint](#); [Northside Center for Emotional Wellness](#); and the U of M [Center For Antiracism Research for Health Equity](#).