



# ANAD

YOUR FUTURE IS WORTH FIGHTING FOR

2018

## ANAD Week Guide

To celebrate National Eating Disorder Awareness Week 2018, the National Association of Anorexia and Associated Disorders (ANAD) invites you to participate in five days of activities. Each day this week is geared to help you challenge preconceived notions of beauty. ANAD asks you to consider the fact that beauty is only skin deep, that your worth surpasses the reflection you see in the mirror, and that discovering a definition of true beauty is your personal right. In a world where the only standards of beauty are those you, yourself create, eating disorders cease and true hope arises.

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# ANAD WEEK SCHEDULE

## P.04-05 MAKEUPLESS MONDAY

Don't wear makeup today and share your natural beauty with everyone, including yourself.

## P.06-07 TRASH YOUR INSECURITIES TUESDAY

Put your insecurities where they belong: in the trash.

## P.08-09 WHY YOU'RE BETTER THAN BARBIE WEDNESDAY

Barbie upholds an impossible ideal. Show Barbie and yourself why being you is better than looking like Barbie.

## P.10-11 POST IT UP THURSDAY

Help a stranger out. Take five minutes and post up a body positive and self-loving note in a public place.

## P.11-12 FEARLESS FRIDAY

Stepping into your own power and your own beauty will take confronting your fears. Do something fearless today.



GET SOCIAL WITH ANAD  
#ANAD  
#ANADWEEK  
#ANADALLY



# What is ANAD Week?

ANAD organizes programming for its yearly Eating Disorder Awareness Week (EDAW) in order to promote greater awareness, education, understanding, and compassion for people suffering with an eating disorder. The programming ANAD provides is clear and easy to apply to middle school, high school, and college curriculum, and includes ways you can get involved by creating your own video, written and social media.



This year's ANAD Week is inspired by ANAD's largest philanthropic donor, Delta Phi Epsilon sorority. They have been holding ANAD Week events ever since they became a partner, and the daily events outlined in this guide were created by DPhiE Sisters.

Thank you, Delta Phi Epsilon, for all that you do to fight eating disorders, promote body positivity, and encourage self-acceptance.



# MAKE UP LESS

# MONDAY



## Why Shouldn't I Wear Makeup Today?

We are constantly told and sold on the idea that makeup will make us look better, feel better, be better. Sure, lipstick and foundation can be fun to wear, but do they really make our lives and ourselves better? **NOPE.** Let your natural beauty shine today as you leave your makeup at home and focus on the other things that make you feel good about yourself and make you, well you.

[Read how one woman was treated when wearing different levels of makeup.](#)

## What Else Makes you Feel Good About Yourself?

How about today you do other things that make you feel good about yourself, that make you feel good to be YOU. These things could be everything from focusing on the relationships in your life that support you and make you feel appreciated to doing things for others in need or just giving yourself some much needed tender loving care. Ask some of your friends and family members to join you today in leaving the lipstick in its tube and appreciating the things in your lives that give it its true beauty.



### SPENDING TIME W/FRIENDS

[Read how one man proves that craving social interaction is universal.](#)



### BEING A GOOD PERSON

[Some good ways to help others.](#)



### TAKING CARE OF MYSELF

[How to get your self-care on.](#)

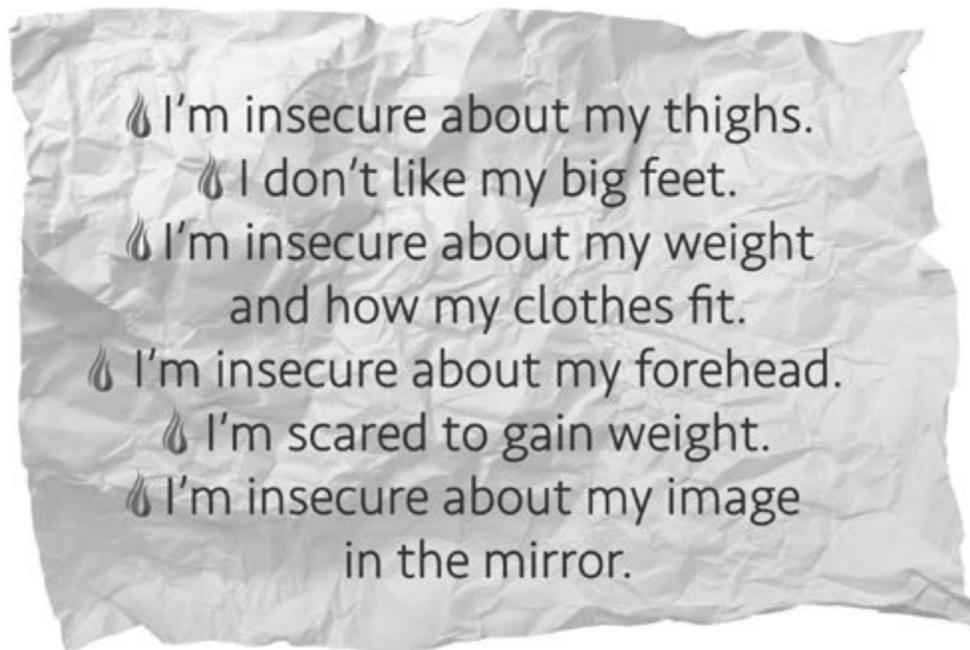
# TRASH YOUR INSECURITIES



# TUESDAY

## How Often Have You Let Your Insecurities Get in Your Own Way?

It's easy in our image obsessed culture, to feel insecure about your body and appearance on some level. Today, challenge yourself to see your insecurities for what they really are: **TRASH**. And really, who has time for trash?



- 🔥 I'm insecure about my thighs.
- 🔥 I don't like my big feet.
- 🔥 I'm insecure about my weight and how my clothes fit.
- 🔥 I'm insecure about my forehead.
- 🔥 I'm scared to gain weight.
- 🔥 I'm insecure about my image in the mirror.



Trash Your  
INSECURITIES  
TUESDAYS

Watch how Delta Phi Epsilon sorority sisters confront and trash their insecurities.

## Don't Let Your Insecurities Rule You



DON'T HAVE TIME TO GET A TRASH CAN AND DECORATE IT? A REGULAR WASTE-BASKET WILL DO.



# WHY YOU'RE BETTER THAN BARBIE

## WEDNESDAY

"If Barbie were an actual woman, she would be 5'9" tall, have a 39" bust, an 18" waist, 33" hips and a size 3 shoe," Galia Slayen wrote in the [Huffington Post](#). "She likely would not menstruate... she'd have to walk on all fours due to her proportions." Even considering the impossibility of Barbie existing as a real human, she still represents the very popular thin idealization of beauty. Show Barbie what you're made of today, by appreciating all of the things that make you, uniquely you. You don't have to look like Barbie to be worthwhile, important, and beautiful.



Watch the video above to see how Delta Phi Epsilon shares how they are better than Barbie.



Click the image above to watch the Documentary Trailer for Miss Representation.

## It's Time to Really Look At and Get Critical About the Messages Our Culture is Selling Us



### Watch the Documentary Miss Representation

Miss Representation tells us the story of how much the media and our culture influences our thoughts about ourselves and our behaviors. According to the documentary, women are taught that the most important thing about them is how they look. [Watch this documentary](#) with friends today and share with us how you are going to take your thoughts and behaviors back.



### Get Critical

Read the following articles to truly understand how Barbie affects our cultural expectations and ideals:

[The Scary Reality of a Real-Life Barbie Doll](#)

[How Barbie Affects Career Ambitions](#)

[Does Barbie Make Girls Want to Be Thin?](#)

# POST IT UP THURSDAY

Why don't we always have beautiful positive messages around us when we look in the mirror? Let's take charge and write sticky note messages on EVERY mirror or scale you encounter today. Be powerful with your words of wisdom, silly with messages that make others laugh, and loving with your notes of kindness. Operation Beautiful is an incredible movement that was started to remind ourselves to love ourselves by posting up notes on mirrors, on public walls, on fashion magazines, that remind us that we too are beautiful and enough.

[Read more about Operation Beautiful here.](#)



## Better Body Image and Loving Yourself Helps Eating Disorder Recovery

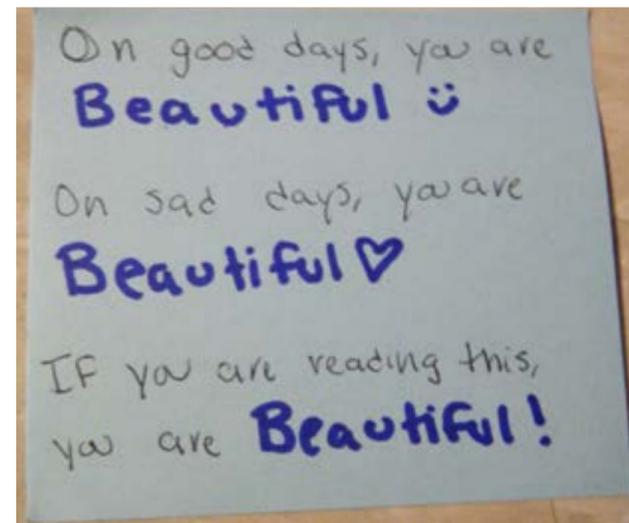
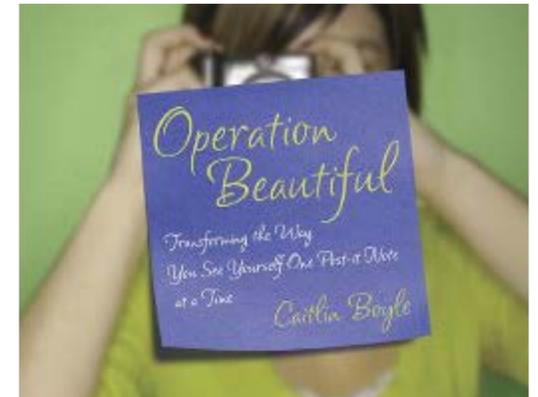
An eating disorder treatment center posted up notes on the mirrors and doors at their facility to help encourage "positive messages, affirmations and words of encouragement to create positive self dialogue." [See their post it notes here.](#)

- ✔ Get yourself some post-it notes or try some [Tesla Amazing magnetic notes](#). You can hang these on ANYTHING.
- ✔ Write down what YOU WOULD LOVE TO READ on a bathroom mirror, on the wall of the subway, or on an unsuspecting wall.
- ✔ Take a photo and share it on your social media to encourage your friends and family to participate And share it with ANAD too! #ANADWeek

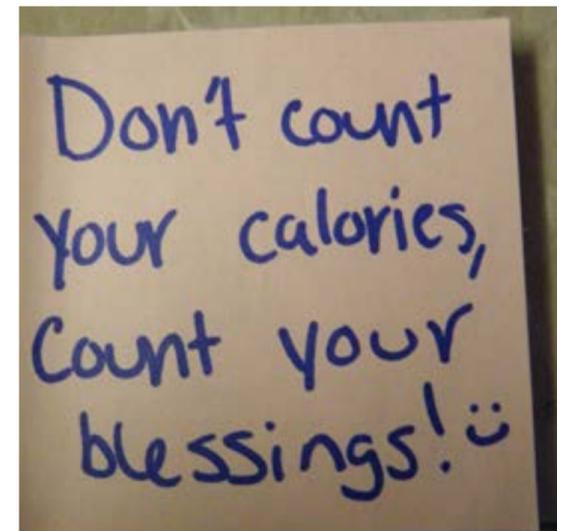


WATCH THE VIDEO ABOVE to get inspired to post up some notes today!

Operation Beautiful is not just a website, but is also spreading its body and self positive messages in a book that includes more in-depth story of how reading one positive post it note changed someone's entire day.



Post it note by: Marissa Renee



Post it note by: Marissa Renee

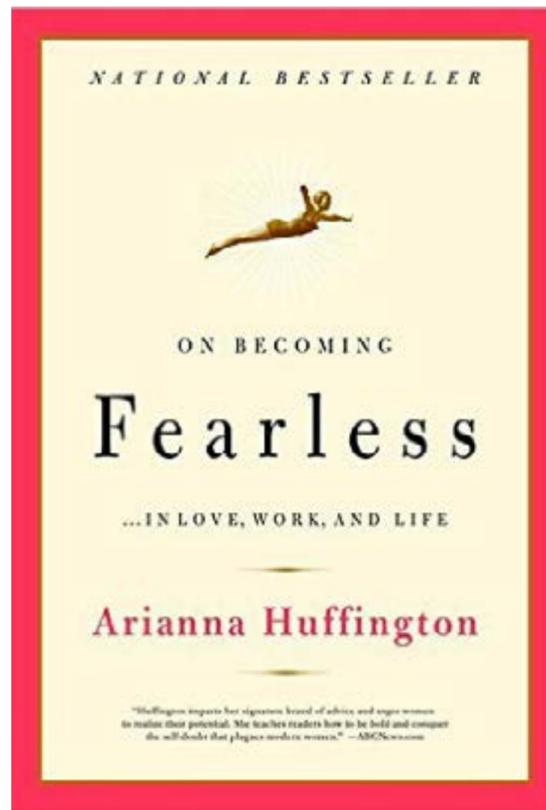
# FEARLESS FRIDAY



## BECOME FEARLESS TODAY

Arianna Huffington wrote the book *On Becoming Fearless* for her teenager daughters that she was, "stunned to see all the same classic fears I was burdened with: How attractive am I? Do people like me? Should I speak up? I wonder if their fears are more intense than mine were at their age or if they just seem more intense. I had thought that with all the gains feminism has brought, my daughters would not have to suffer through the fears I did. Yet here is our younger generation, as uncertain, doubting, and desperate as we were, trying to fulfill the expectations of others. What happened to our bold little girls?"

[Read an excerpt from the book.](#)



# Get Fearless

How about DOING something that is fearless today? Tell someone about your story. Whether it's a recovery story or not, it's about being open to who YOU are and sharing that. Wear what you want to without judging yourself or your body. And to finish this fearless streak, end the night with a close gathering for an ANAD Candlelight Vigil. Light a candle to signify the power of unity and strength, and your source of inner light. Shine on!



According to Arianna Huffington in her book, *On Becoming Fearless*, "the greatest beauty secret is to live out our passions and connect with our own spirit."

She shares the following data from the 2004 Dove Campaign for Real Beauty Report about when women feel most beautiful:

- 54%** When they help others
- 53%** Spend time with their children
- 46%** Achieve success
- 46%** Are physically active
- 39%** Do something artistic
- 39%** Enjoy a hobby
- 35%** Dance
- 42%** When they attend a religious service



According to Arianna, living in fear HARMS us. She wrote in her book, "To live in fear is the worst form of insult to our true selves. Trapped by our own fears, we then pretend that we're incapable of having what we want, forever waiting for others to give us permission to start living. Pretty soon, we start to believe this is the only way."



But according to Arianna, we can learn to master our fear! She wrote in her book, "Fearlessness is about getting up one more time than we fall down. The more comfortable we are with the possibility of falling down, the less worried we are of what people will think if and when we do, the less judgmental of ourselves we are every time we make a mistake, the more fearless we will be, and the easier our journey will become."

# Get Social With #ANADWeek

**In order to CHANGE THE MEDIA, we have to BECOME THE MEDIA.**

ANAD is dedicated to creating new media and content that flips the body negative advertising and marketing on its head, by producing media that is accurate and educational about the TRUE story of eating disorders.

Get socially active this #ANADWeek by pulling out your smartphone and sharing our content to help educate the masses and ourselves about how important positive body image and self-love is in the fight against eating disorders.



## Repost and retweet as an #ANADaily

**FIRST:** Follow us by clicking on the icons below

**SECOND:** Share our #ANADWeek Content

**THIRD:** Create your own #ANADWeek Content

**FOURTH: Don't forget to tag: #ANADWeek, #ANADaily**

**FIFTH:** Communicate with us! We want to hear from you! How does #ANADWeek affect you and help you be more loving and body positive towards yourself?



# Every Week is #ANADWeek

At ANAD, every week is #ANAD week. We work all year long to provide free support services to people with eating disorders and their families, friends, and loved ones. We work hard to ensure that accurate information is accessible for those with eating disorders and that everyone with an eating disorder knows that **THEY ARE NOT ALONE**. Learn more about ANAD's free support services below.



#### **ANAD EATING DISORDER SUPPORT GROUPS**

make it easy to get in-person support from your peers in recovery and can help prevent relapses.



**ANAD RECOVERY MENTORS** help guide and support those in recovery by sharing their own recovery experiences.

Recovery is real. Mentors are living proof.



**THE ANAD HELPLINE** is staffed with trained volunteers who can help those in eating disorder crisis and recommend professional treatment options.

Call the Helpline today: 630-577-1330

[ANAD.ORG](http://ANAD.ORG)

Thank you to our ANAD Treatment Center Partners, who fight eating disorders alongside ANAD every single day.

