

THE STALL STREET JOURNAL

Food and Body Relationship: Finding Peace Around the Table



Many winter holidays, across cultures, center around shared meals with family and friends. For some, this is a welcome chance to reconnect, but for others, the season can bring stress about food and body image.

If this time of year feels triggering, here are some strategies to help:

Practice mindful eating.

Engage all your senses and slow down to appreciate your meal. Focus on the moment, leaving less space for negative thoughts. In the spirit of gratitude, think about everything that went into the meal: where the food came from, who prepared it, and how it nourishes your body and mind.

Seek radical acceptance.

You can't always control your environment, but you can control your response. Try these affirmations:

- I deserve to be happy and fulfilled.
- Every day is a chance to grow and heal.
- I can't control others, but I can control my outlook and attitude.

Plan for support.

Take breaks when you need them; a walk or some fresh air can help you reset. Confide in someone you trust who can offer support or a listening ear, whether they're with you in person or available by text.

If you struggle with your relationship with food at any time of year, Campus Health offers **nutrition services** to support healthy habits, balanced eating, and positive mindsets. To make a nutrition appointment, call **504-865-5255** or schedule via the **Patient Portal**.

Body Respect Week (Nov. 3-7) will also explore these themes through guided conversations and workshops. Follow **@TUCampusHealth** on Instagram for details on BRW events.



**Body
Respect
Week**

**Nov.
3-7**

**Share your experience in the
National College Health Assessment (ACHA)!**

Check your Tulane email for your personal link.
20 students will each win **\$50 in Splash Cash!**



open Nov. 3 – Dec. 5.

Building Healthy Relationships: From Maintenance to Mindfulness



Relationships, whether with yourself or others, take work. Here are some practical ways to build a strong, healthy connection, whether you've been together for three months, three years, or 33 years.

Relationship maintenance

- Create rituals together: Sunday coffee walks, Friday playlist swaps, or sending a goodnight voice memo. Rituals = consistency + connection.
- Learn how you and your partner like to give and receive care. Some people feel loved through words, others through quality time, physical touch, or acts of support. These preferences can change, so keep talking about what feels good for each of you.

Grow as individuals

- Encourage each other's independent goals. Ask about personal projects and offer support.
- Respect alone time without guilt-tripping. "Me time" is healthy and helps both partners recharge.

Communication improvement

- Ask clarifying questions instead of assuming. Try saying, "Can you help me understand

what you mean when you say...?"

- Check in after big moments, whether it's a fight, a tough day, or an important event. Asking, "How did that make you feel?" shows care and builds emotional insight.

Conflict and repair

- Take timeouts during heated moments. If things escalate, say, "Let's take a break and come back to this when we're calmer." Always revisit the issue because avoidance builds resentment.
- Apologize with action, not just words. A sincere "I'm sorry" means more when followed by change.
- Don't keep score. Relationships aren't transactional, and balance shifts over time. Sometimes you'll carry more, and sometimes they will.

Intimacy and trust

- Talk about boundaries and comfort levels before intimacy. Ask open questions like, "What feels good to you?" and "What are your hard no's?" Revisit often because boundaries can evolve.
- Respect digital boundaries, too. Don't demand passwords, check phones, or track each other's location. Trust is built through communication, not control.



TUPHE FEATURE

Movement for Your Mind: Feel-Good Ways to Get Active

During **Body Respect Week (BRW), November 3-7, 2025**, we take time to appreciate our bodies for all they do. One way to show respect and care is by moving in ways that feel good to you. When life gets stressful, movement can be a simple act of self-care. Physical activity releases chemicals like endorphins and dopamine, natural "feel-good" messengers that can boost your mood and energy, can ease muscle tension and mental stress, and can even improve sleep.

You don't have to be an athlete or spend hours at the gym to benefit. Every bit of movement counts — walking around Audubon Park, stretching between study sessions, joining an intramural team, or dancing in your dorm. Even a few minutes can lift your mood and improve focus.

Looking for options? The **Reily Student Recreation Center** offers over 50 group exercise classes, personal training, intramural and club sports, and outdoor adventure trips. Find schedules and details at campusrecreation.tulane.edu. There's something for everyone, no matter your goals or experience level.

However you choose to move, remember: your body deserves care, respect, and joy. Visit the Campus Health Instagram **@TUCampusHealth** to view the BRW schedule of events and discover more ways to celebrate what your body can do.