



What is Body Respect Week and Why?



Body Respect Week

Body Respect Week is October 30 – November 3 and brings queer-inclusive, holistic, body-positive health events to the Tulane community!

We are often told to love our bodies or to embrace body positivity, but Body Respect Week asks us to shift our thinking. Instead—whether we feel completely comfortable with our bodies or not—what if we respected our bodies just as they are and for all that they do for us? It invites us to embrace our neutral states, without fear, shame, or pressure.

Body Respect Week is for all bodies. It is an invitation to be a part of conversations about bodies, one that nourishes and celebrates who we are and who we can become, including every way we show up in the world. We hope that Body Respect Week events help you to think about: How has your body—just as it is—helped you

survive in this world? What are some ways your body shows up just for you? What can you do to take better care of your body? What would be possible if you decided your body wasn't a problem?

Body Respect Week Daily Themes:

- 1. October 30, 2023 - Gentle Nutrition:** Learn how to make peace with food.
- 2. October 31, 2023 - All Bodies are Good Bodies:** Celebrate your body in its entirety.
- 3. November 1, 2023 - Dress for the Body You Have Right Now:** Learn to be content with wearing what's best for your body.
- 4. November 2, 2023 - Sexual Pleasure/ Sexual Liberation:** Heal and experience embodied pleasure.
- 5. November 3, 2023 - Joyful Movement:** Join us in moving our bodies in a way that feels good for you.

For more information, including literature and other resources on body respect, scan the QR code or, visit campushealth.tulane.edu/body-respect-week.



A Healthier Relationship with Food

One's relationship with food depends on a variety of factors, such as cultural practices, social aspects, socioeconomic status, psychological factors, and more. Just as relationships with people require nurturing and care, one's relationship with food requires the same. For many families, food is a central part of holiday celebrations, so during this time, it is important to be mindful of our own eating habits and strive to make choices that foster a positive, healthy relationship with food.

When fostering a healthier relationship with food, every body is different and may need different fuel to feel its best. It is also helpful to shift our mindset around "healthy" and "junk" foods. Remember that all foods have a purpose, and moderation is key. You can also practice

listening to your body—this includes eating when you are hungry and assessing when you are full.

If you find yourself struggling emotionally with food (or with others' comments about your eating habits), remember that you are not alone. During the holidays, seek support by talking to friends and/or a mental health professional, and find healthy ways to cope, such as meditation, yoga, or other joyful movement.

For Tulane students, Campus Health has nutrition services, in which students can speak with a registered dietitian and explore individualized tips to fuel your body with care.

You can enjoy the fall festivities while nurturing a positive relationship with food. Remember, the key is balance, mindfulness, and self-compassion.

TUPHE FEATURE

Protect Your Health This Fall



As the weather gets cooler and flu season begins, you might be noticing more sniffing noses and sneezes around campus. While getting sick is normal, we know it presents many challenges – it can be difficult to balance school and other responsibilities when you're feeling under the weather. Here's our word of advice on staying healthy and taking care of yourself and the people around you.

Feeling good?

- Avoid sharing foods and drinks with others.
- Wash your hands frequently, and avoid touching your face.
- Prioritize sleep to maintain your immune system!

Feeling sick?

- Let yourself rest! Your body needs a break to heal, so try not to overexert yourself.
- Let your professors know if you can't make it to class, and ask your friends to catch you up on anything you may have missed.
- Wear a mask around others if you have a respiratory/viral illness in order to help our Tulane community stay healthy.
- Drink plenty of fluids; fall soups and spiced teas are fun seasonal options!
- Take OTC medications to relieve symptoms, such as Advil, Tylenol, and Mucinex. Note: drinking alcohol after taking ibuprofen (Advil) can be risky, so be sure not to mix the two.
- If your symptoms are severe or last more than a few days, seek care at the Student Health Center by calling 504-865-5255 to schedule an appointment!

FOOD RESOURCES ON CAMPUS

The Swipe Out Hunger Program

Open to all students. Free meal swipes are available to students in need of food assistance. Scan the QR code and type in your Splash Card number to apply.



SAFI Student Food Pantry Located at 7215 Zimple Street. Follow @safitulane on Instagram for pantry hours and recipes!

Food for Thought SPHTM Student Pantry Visit sph.tulane.edu/ose/food-pantry for location, hours, and request form.