Body Positive Resources

Below are clickable links to a variety of resources related to body image and nutrition.

Ohio State Resources
Counseling and Consultation Service
• Community Provider Directory
• Eating Concerns Consultation Team
• Emotional Fitness Blog
• Individual counseling
• Journeys to Eating Disorder Recovery group
• On-demand services

Student Health Services
• Nutrition Therapy
• Physical Exams

Student Organizations
• Body Sense
• Project HEAL

Student Wellness Center
• Body Project
• Love Your Body Week
• Nutrition Coaching
• Nutrition Resources

Ohio Resources
Eating Disorder Treatment Centers
• The Emily Program
• Eating Recovery Center

Support Groups (free)
• Body Image Betrayal & Related Issues
• Eating Recovery Center

National Hotlines
• Crisis Text Line: Text NEDA to 741741
• National Association of Anorexia Nervosa and Associated Disorders: 1-888-375-7767
• National Eating Disorder Association: 1-800-931-2237

National Resources
• Association for Size Diversity and Health
• More than a Body
• National Association to Advance Fat Acceptance
• National Institute of Mental Health
• The Body is Not an Apology

Provider Database
• Anti-Diet/HAES Provider Database
• Certified Intuitive Eating Provider Directory
• Health at Every Size Provider Directory

Screening Tools
• Eat-26
• My Body Screening
• NEDA Screening Tool

Podcasts
• Outweigh
  A podcast breaking the stigma and exposing the ‘grey area’ of disordered eating
• The Aligned Nutrition Podcast
  A safe place where food doesn’t get in the way of living
• The BodyLove Project
  Devoted to topics including Intuitive Eating, body positivity, Health at Every Size, fat acceptance, eating disorder recovery, body image, creativity, mindfulness, and more
• The Dear Body Podcast
  Real talk on how to stop binge and emotional eating, make peace with food and thrive in a body you love
• The Mindful Dietitian
  Covers body inclusivity, Health At Every Size, the Non Diet Approach and Mindfulness-based dietetics practice

• Body Kindness
  A show about health, not weight loss
• Don’t Salt My Game
  Guests discuss how they are shaking up the wellness world and stay on top of their game, and how to help you do you, but better
• Eat the Rules
  Dedicated to body image, body positivity, self-worth, and anti-dieting
• ED Matters
  Features top experts sharing information and having healthy conversations about eating disorders
• Food Psych
  Dedicated to helping you make peace with food and break free from diet culture
• Maintenance Phase
  Wellness and weight loss, debunked and decoded
• Mental Note
  Explores the work and beauty of mental health

Click on the text to follow the links!
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Below are clickable links to a variety of resources related to body image and nutrition.

Books
- A Body To Love: Cultivate Community, Body Positivity, and Self-Love in the Age of Social Media
- Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating
- Belly of the Beast: The Politics of Anti-Fatness as Anti-Blackness
- Body Kindness: Transform Your Health from the Inside Out--and Never Say Diet Again
- Body Positive Power: How to stop dieting, make peace with your body and live
- Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight
- Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling
- Eating Mindfully: How to End Mindless Eating and Enjoy a Balanced Relationship with Food
- Fearing the Black Body: The Racial Origins of Fat Phobia
- Health At Every Size: The Surprising Truth About Your Weight
- Intuitive Eating, 4th Edition: A Revolutionary Anti-Diet Approach
- Letting Go of Leo: How I Broke up with Perfection
- Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too
- More Than a Body: Your Body Is an Instrument, Not an Ornament
- Sick Enough: A Guide to Medical Complications of Eating Disorders
- The Body is Not an Apology: The Power of Radical Self-Love
- The F*ck It Diet: Eating Should Be Easy
- The Gift of Self Love: A workbook to help you build confidence, recognize your worth, and learn to finally love yourself
- The Wisdom of Your Body: Finding Healing, Wholeness, and Connection through Embodied Living

Social Media
- Instagram
  - accesscenteredmovement
  - befitbryony
  - beauty_redefined
  - bopo.boy
  - bodyimagepositive
  - bodyimage_therapist
  - bodyposipanda
  - chr1styharrison
  - heytiffanyroe
  - iWeigh
  - kenziebrenna
  - ownitbabe
  - ragenchastain
  - tallyrye
  - theantidietplan
  - thefatsextherapist
  - tiffanyima
  - yrfatfriend

Blogs
- Food Psych Blog
- Food and Body Image Healers
- More than a Body—Build your body image resilience
- New Moon Nutrition—Discover food and body freedom
- The Body is Not an Apology—Radical self-love for everybody and every body

Mindful Eating apps
- Ate
- Brighter Bite
- Good Blocks
- Nourishly
- Recovery Record
- Rise Up + Recover

Newsletter Subscriptions
- Food and Body Image
- Food Psych Weekly
- Weight and Healthcare

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