

5 mental shifts



to overcome the fear of weight gain.

Thanks for your interest in my body liberation tools! I am thrilled you discovered my work. In case we haven't met before, I am Florence Gillet, a certified eating psychology coach, focusing on size-inclusive body image healing since 2018.

My clients frequently express that the primary barrier to initiating period recovery is the fear of weight gain. This concern resonates with me, as it was also mine when diagnosed with HA in 2009. That's why I've curated this checklist, outlining FIVE TANGIBLE SHIFTS to assist in gradually relinquishing weight obsession and progressing in your HA and body image recovery journey.

1 / Reflect on why you fear weight gain



2 / Release the urge to constantly measure and track



3/ Refrain from commenting on weight and appearance, especially your own



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4/ Embrace and celebrate body diversity



5/ Choose clothing that fit you comfortably and feels wonderful

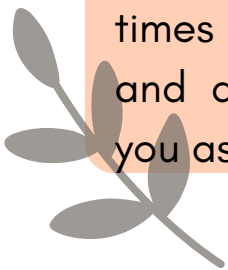


And to keep you accountable, for the next 5 days, you can expect a daily email from me where I'll guide you to implement each of these shifts in your life. If that sounds like something you would love, add my email address to your safe list now!

This week, your perspective on weight/weight gain will undergo a remarkable transformation! These shifts will enhance your recovery journey, granting you greater mental and emotional space, freedom and confidence. I've witnessed this transformation countless times with coaching clients, and am honoured to assist you as well!

Welcome to my corner of the internet, where we foster feminist, anti-diet, size-inclusive and compassionate body confidence. Thank you for joining me here! 😊

Never hesitate to share your thoughts or questions - I'd love to hear from you!



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