

Minisode: Make it to 2021 Challenge

Sophie: I'm Sophie and this is She's All Fat, the podcast for fat positivity, radical self love, and chill vibes ONLY. Welcome to our first minisode post season five! We've a couple minisodes coming your way, and then a few more unheard episodes before season six comes out. So remember that self love part in our motto? Long time listeners might remember our Self Care ep from season three. It's literally called the Make it to 2019 Challenge. So, uh... we made it... let's self care our way to 2021. This minisode is a quick three parter self care guide for you. First, I'll take you through a writing exercise for self compassion. Next, a little guided meditation slash self soothing touch exercise. And finally, the SAF team is going to chat about what we've been doing to rest our mind and bodies. If you want to revisit this episode for the exercises, we'll have timecodes listed in the shownotes.

Pt I. Writing

Sophie: Alright, this is Part I of our minisode: Writing. I'm going to take you through a little journaling exercise. We based this off of a Self-Compassion exercise by Dr. Kristin Neff which you can find that linked in the shownotes. All you need is a few pieces of paper or a journal and something to write with. You can pause here if you want to get your supplies, and press play when you're ready to start.

Sophie: What is a negative thought you've been struggling with these past few months? It can be about your body, your work, your relationships... something that's been hard to shake. It could be something as small as maybe a body negative thought pops into your head when you try on jeans for the first time since the beginning of quarantine. Or like personally, I struggle a lot with feelings that end up being internalized shamed usually when I dig down to the bottom of them. Okay. Do you have something? Take this next minute to write about this negative thought. What is the thought? How does this thought make you feel? You don't have to analyze those feelings or self-edit, just let the feelings move from your body onto your page.

Sophie: Okay. Now we're going to create an imaginary friend. No you're not too old for this. Your imaginary friend has been with you throughout quarantine, they know you in all your flaws and sadness. And they love you for it. So, in your writing — I want you to write an entry from the perspective of your imaginary friend, focusing on how they would reply to what you just wrote. What would your imaginary friend say, from a place of unwavering love and compassion, about the negative thought you have felt about yourself? What would they say to make you feel better now, and when this thought returns in the future? What do you want to hear? Take these next two minutes to write to yourself.

Sophie: Alright. Now let's take a breath, and read that entry back to yourself. Try to feel that compassion your imaginary friend has for you. Let the love move into your body. You might want to put down the entry for a bit before you revisit it. That's okay. Keep what you wrote somewhere safe for when you might encounter your negative thought again. And your own writing will be waiting to fill you with self-compassion. You can do this exercise multiple times, different ways, instead of an imaginary friend sometimes I find it helpful to be writing to myself as if I'm writing as my younger self, my inner child, sometimes I find it helpful to write to myself as if I were a friend talking to me about the situation. Any perspective that helps you.

Pt II. Supportive Touch

Sophie: Okay, here's Part II of today's episode, a meditation slash supportive touch exercise. We also adapted this one from Dr. Neff, who says, *"One easy way to care for and comfort yourself when you're feeling badly is to give yourself supportive touch. Touch activates the care system and the parasympathetic nervous system to help us calm down and feel safe. It may feel awkward or embarrassing at first, but your body doesn't know that."* If you want to try out supportive touch with me, take this next week to practice putting your hand on your body a few times every day. Maybe when you're feeling stressed or worried — try it out every day for a week. Okay, let's do an exercise together.

Sophie: Start by taking 2-3 deep, satisfying breaths. Gently place your hand over your heart, feeling the touch and warmth of your hand. If it

feels good, place both hands on your chest. Notice the difference between one or two hands. If you feel uneasy putting your hand over your heart, feel free to explore where on your body a gentle touch feels soothing. You could try one hand on your cheek, on your stomach, or you could hug your arms together. Wherever you choose, focus on the feeling of the touch. Think about how this gentle pressure feels. If you'd like, you can make small circles with your hand. Feel the natural rising and falling of your chest as you breathe in and as you breathe out. Linger with the feeling as long as you like. You can pause here if you'd like some time. This is a tool that I use a lot when I'm going to start a panic attack. Sometimes it can help bring me back down to just feeling myself, feeling myself.

Pt III. Self Care Recs

Yeli: Hey fatmily, this is Yeli. The biggest thing I've been doing for self care is playing on my Nintendo Switch. I know it's a huge privilege to be able to afford one and also buy all the games, but I was able to get one a few months ago along with Animal Crossing when it first came out, and it's really helped me stay centered. It's a super cute game with lots of satisfying sounds and kind of like, mundane tasks, so it lets me distract myself without having to focus too much on one high stakes goal like some other games. Another thing I've been doing which is a little more accessible is guided meditations. And I love it because even if I only do it for three minutes, it's three minutes out of the day that's completely dedicated to being still and not rushing or making myself busy somehow. You can find lots of free meditations on youtube, but if you're looking for an app, I really enjoy Headspace! My favourite course on there is the meditation for sadness course, because it really helps me feel still and present. I also wanted to add that I used to feel really guilty about playing on my Switch or watching TV, or just doing something that's not "productive" and calling it "self care" because we're so socialized to think that it's a waste of time, but my therapist actually once talked through it with me, um, and they mentioned that there's no harm in doing something that is a healthy distraction. It's not harming myself or anyone else, and the only reason I felt guilty about it was capitalism. Um, so don't feel guilty for doing something that you love, even if it's just to sit on your

Switch or binge your favourite show for six hours at a time. Having fun is not a waste of time. Love you fatmily, and take care!

Sophie: One of the things I like to do is go through the content that I've gotten on Patreon from the creators that I support! So I thought I would go through them with you, a couple of them, uh, these are not all the people I support, I also switch them out sometimes every couple months, but I wanted to highlight a few! Okay number one, I support yrfatfriend on Patreon. If you support their writing you can also do that, and you get essays and communication. Another person that I love supporting is my friend, Jourdain Searles. I'm not sure how to say her last name actually, Jourdain Searles, maybe? Searles? Searles? Jourdain, tell me how to say your name. She's an amazing writer, and she does writing about film, film critique basically, and I really like getting the essays in my inbox. Let me see, what is the most recent one that I really liked? Oh my gosh, okay she's been doing like scary movie, so most recently I got to read about the House of the Dead which was very helpful for me, because I don't really like watching horror movies unless I know about them. And sometimes I just like reading about them and not actually watching them. So Jourdain's posts help me with that. Also, she has a couple of podcasts that she does, I really enjoy her. We'll put her Twitter and Instagram and everything in the shownotes. Also wanted to shoutout my most recent follow on Patreon, Haley Richardson, who just happens to be our Jr. Producer, Yeli's, wife! Haley is a newer creator on Patreon, has a very cute Youtube channel that I like watching, and also you might like watching if you'd like to see cute lil clips of Yeli being Haley's wife! And Haley's Patreon has a lot of cute little pictures and info, and podcast stuff, and it's just very cute. It feels like very old school Youtube creator, like, being part of a fun club, and I highly recommend, Haley's very cute and her content's great. So a lot of times I like just going through, I save like all of my Patreon updates and my newsletters from the week until the end of the week usually, and then I go through them and I like looking at all my updates. I also have a couple of Kickstarters that I've supported over the years, so like I just got a project update for this Kickstarter that's like a pop album that I thought was cool. Let's see. I really recommend Edith Zimmerman's newsletter, it's like, a newsletter with comics and links and I really enjoy it. What else do I like to read? The Lunch Read. Sometimes I don't read them all, but I like them. And I also really like the

Buzzfeed influencer's newsletter which is called "Please Like Me". Those are all really fun, in my opinion, so check those out in the shownotes. And that's what I do for self care, is just read info and look at my people who I support on Patreon. A lot of the people we have had on this season have Patreons as well, and I support them, but you've already heard about them! So. Okay. That's our minisode. Hope you feel a little bit better about making it to 2021.

Sophie: Please remember to Call In and leave us a voicemail for next week's call in minisode! You can ask questions, tell us your quarantine obsessions, or tell us what self care you've been practicing. Call us at 213-375-5023.

Sophie: Producing SAF in COVID times is made possible by our beloved Patrons. If you join our Patreon at Team Paisley Mumu, you'll get access to our Patrons-Only Facebook group where I've been doing weekly livestreams, plus bonus minisodes every Friday. I love our Patreon Fatmily more than life itself! Special thanks to:

- 1. Rose Miller**
- 2. Dalal Alfares**
- 3. Rachel Greenhaus**
- 4. Katie Mustafayeva**
- 5. Grace Savage**
- 6. annie blackwell**
- 7. Sunnie Burningham**
- 8. Rosie Tallant**
- 9. Isabella muto**
- 10. Kat Miner**

Sophie: We couldn't make the show without you! Thank you so much.

Sophie: Throughout our Staying In season, we shared weekly Calls to Action. We wanted to combine our community's energy through donations, petitions, and knowledge. This week, we're calling ourselves to the action of revisiting each CTA we gave you this season. Because the most impactful support is sustained, continuous support. That means not just monthly donations, but also keeping up with the work being done in

this moment. Thinking of new ways to support the causes we've supported financially. Can we volunteer? Can we help organize? What can we do? We're going to be checking in with our Calls to Action today and tomorrow on our Insta story, and in our newsletter next week with some more ideas. Make sure to check that out and keep recommending new CTAs!

Sophie: Okay, I hope you enjoyed this minisode, we'll see you next week!