

October 4, 2012  
LGB-Love Your Body

>> KCOU Columbia, 88.1 FM.  
>> Hello, welcome to InsideOUT.  
>> Hi, you are listening to KCOU Columbia, 88.1, 3:00 Thursday. This is InsideOUT with DJ Excellence.  
>> And DJ Discovery. We're here for real talk on basic topics facing the LGBTQ and Ally folks of Mizzou.  
>> This week's topic is Love Your Body. It is Love Your Body day on campus.  
>> All right.  
>> Who do we have with us today?  
>> DJ Shane is here.  
>> Hi DJ Shane.  
>> What's up?  
>> Who else do we have? Awesome guests this week?  
>> I am Jessi Loos.  
>> I am Dr. Sonia Dhaliwal. And I am a psych resident at the Counseling Center.  
>> Welcome.  
>> Welcome.  
>> Thank you.  
>> So for those of you that didn't walk past Lowrey Mall today. Love Your Body day today on Mizzou campus. It is sponsored by a ton of different organizations. The Love Your Body committee, department of student life, craft studios, wellness resource center, the counseling resource center, active minds at Mizzou, the women's center, one Mizzou, the LGBTQ resource center. What, what. Shape, and the environmental leadership office. And then we have support from just about every place on campus to do Love Your Body. And it is just a fun exciting event out on Lowrey Mall. You can make your own button. You can pick up premade buttons. We have Zines to give out. If there are extras, and you want one, check out the MU women's center, they will have extras there. There were posters of the craft studios screen printed. I like this year's design. They have done them for multiple years. I have them all up in my office. And we had our tailgate games out there. Thank you Tryco. There was game playing. Positive slogans.  
>> DJ Discovery beat me.  
>> Yeah, DJ Discovery versus DJ Shane.  
>> What game?  
>> Bean bag toss.

>> I actually didn't lose any of the bean bag toss challenges today.

>> And now we are on air talking about bean bag toss winning.

>> It is Love Your Body day.

>> I love it.

>> What did I leave out about Love Your Body day? Did everybody get to stop by today?

>> I know there were a couple of reps from Counseling Center. Like a bunch of students involved. So it was pretty cool.

>> We had the Counseling Center made rocks, worry stones, where you could write with fancy metallic sharpies on a rock, with a word, like courage, honor, strength, acceptance. Whatever you needed. And keep it in your pocket. I meant to make one and I forgot.

>> There were also really cool T-shirts that were given out. Like Love Your Body day T-shirts. I don't know if you got one. But they were pretty Rad.

>> Yeah, they say Mizzou love your body, I am wearing last year's right now.

>> Represent

>> They were popular. Quite a long line.

>> Yes.

>> So why did Love Your Body come about on campus and why is Love Your Body day important, or loving your body in general important, what do you think?

>> Well, I will start. A bit. Love Your Body is important. Connected to your self esteem. Obviously. When you feel good about yourself you feel good about your body so I know a lot of the folks we see at the Counseling Center come in with those concerns sometimes. So it is always on the radar. So having events like this is great, to raise awareness in general.

>> I think, that Love Your Body day is important on campus because it is a important area that touches so many different aspects of campus. So often it is kind of funneled in, and everyone said that it only affects white Women, and media is the only influence that is there. And all of these women are trying to be a size zero, which is very, very, very true. But, I think, Love Your Body reaches out to those men that are spending hours in the gym, so they can feel good in their bodies. And to the disabled individuals that are on campus and struggling with how their body fits into that field. And to African-American women that are told that they are not beautiful because they are not curvy, and all of these different things. So, I think, that loving your body is something that affects every single person. So it is so cool we could be a presence on campus and encouraging people to do that.

>> It is really cool. Because basically it is like anybody with a body gets to love their body. No matter what the body looks like. So it is definitely a inclusive

message. And like you said, it is like intersects through like every group. As long as you have a body.

>> Which I would hope that everyone does.

>> Right.

>> I think it is interesting that no matter what the standards that are placed on whatever identity you have, or whatever like things you think of, that you are supposed to be, that everyone thinks they are supposed to be something other than they are. It is always your body is not good enough, no matter what ideal you are trying to fit in. And you are never blank enough. I am never curvy enough, I am never skinny enough, I am never tall enough, I am never strong enough. I am never, whatever it is, enough. And so Love Your Body day is to say like yeah, you are. You are great. You are not only enough, you are not only all right, you are just right. Stole that from my angelo.

>> That's awesome. That is such a good saying though. I mean it is so true. Like you know, I mean, there are issues that go along with how you feel about your body. Like I think this is a great day to promote like accepting yourself and acceptance in general. And like that's really hard to do. Like, you know, we can be our biggest critics, you know, but it is just such an important message. Because it just gives you a moment to just be present. And like just appreciate what you do have, no matter where you are on the spectrum of body, you know. Whatever.

>> The other thing I like is it is such a public event on campus. So it is acknowledging that we all feel this. Because it is like we assume that everybody is okay with their he bodies except for us. And it is like, I think, it is true that most people in the world have some dissatisfaction with their body. And so, I like that Love Your Body is giving a space to validate and acknowledge that like maybe you are having a tough time with this. You know, acknowledging that there is a spectrum there. Like some days we may love our bodies, and some days we may not. And it is not as black and white as I have a eating disorder. Or I love everything about myself. Like there is such a huge spectrum in between there that we fall on different places and different times. And then specific to the queer community, I think we have some different body ideals and images to fit in to. I know that like hanging out in the center, sometimes we will hear people talking about like the bad side of other, like, people within the community judging one another. Like you do not look queer enough. Or you are too straight looking. Or I am too queer looking. I am not straight looking enough. You know, whatever that --

>> Like alternative hair cut kind of thing.

>> Like what does it mean. Quote unquote.

>> I rock one of those.

>> What does it mean to be one or the other and how you actually fit into that. And just be you out there listeners. You are all so fabulous

>> Yes.

>> You are. I mean it.

>> She really does.

>> They really do.

>> And then I also think like inside of the community there is also like -- there can be like this like even more pressure to fit an ideal. Like a gay man only looks like one way. That could go for like color and body size and body type and all of these things. And like not recognizing the diversity in body types. The diversity in skin color. And what not. And like being accepting to all of that. Because, you know, people -- I mean that's the beautiful part about people is that is there is such a variety. And recognizing that, and finding that within our own communities, you know, trying to reach the impossible standards. But first recognizing that those impossible standards are there.

>> Yeah. And that they differ a bit for us a lot of the times. Like what you are supposed to look like or how you are supposed to look. Or what your style supposed to be. We talk a lot about actual physicality. But things like your hair cut, or what you are wearing, or tattoos, or piercings or makeup or not. We talk about gender expression, and how to express gender, but in that inherently is how you are expressing your style. And so how do we express that style, and is it valued or not. Like if I am wearing one thing what does that mean about me? Whereas, if I wear something else, what does that mean? Even if it is the same body, how my style can change. How I am perceived, or quote unquote, valued I am within the community. So hey, community, let's value each other. I value you.

>> Those are really good points. I think, a lot of the stuff that we get is from the media. Because it projects a ideal image we are supposed to live up to a lot of the times. And that could be stressful, I think, especially for young teenage women out there. Across the world. Especially in some of the under developing countries. They get so much of the western media influence that that is changing for them. So you get a lot of these young women that want to look like this 5'10 blond, blue eyed, 90-pound woman that is this impossible ideal. So that's sad to see sometimes.

>> I think one thing we do not acknowledge about being college students. We do match the age in those ads, or TV shows, or those runway fashion shows, or whatever they have, so we think we have to match everything else. You know, like I think that once we kind of grow out of that age range it is easier to look and say I don't match anything about that. And I don't have to. Or need to. But when you are matching parts of it you feel a heightened level of I

need to match that. And like DJ Discovery -- why can't I remember our names any more?

>> Because they are like the core values and we just always get them mixed up. I mean, we are DJ's, that's all that matters.

>> I think what my other DJ was referring to earlier, about how gay men have that different heightened standard, is that it is the same thing in the media. Because our media is so specific. We have so few representations. And then, you know, magazines that we do have. Like I know over at the resource center we have subscriptions Out in Advocate, and also OP, and we try to find other magazines. But like the Out and Advocate has an extremely narrow view and representation of bodies in it. That are completely unrealistic.

>> Right.

>> You know, like the technology out there. No one looks like that even those people. They do not look like that. That's not what they look like

>> Those are fake people. I mean real people but they have all photo shopped. Air brushing. Like it is insane to see pre post air brush are, and photo shop images. Like first of all, the people look way better before the photo shop. And then, I don't know, it is just like it is again the impossible standard. Like you cannot meet a standard that a computer made. Unless you are a robot. Which will be another show.

>> Robots and aliens.

>> Yeah.

>> I don't know how many of you listeners out there are familiar or have seen the Dove Evolution video. But we will put it on our website LGBTQ.Missouri.edu. And then InsideOUT tab, and we will have a link to that video. It shows in like high speed motion, a model getting ready for photo shoot that turns into a billboard. So she sits there and there are a zillion people buzzing around her head, like putting on her makeup, doing her hair, taking her hair down, doing her hair again, taking it down again, taking off the makeup, putting on more makeup. So they show all the things that are happening, and all the editing, and all the pictures and stuff. From all the different angles and how they do it. And then you are like, wow, that was nuts. And then you see further how much more they go beyond that because then they do the high speed motion on the photo shopping. So you watch her -- them like totally flush out all the face, so it is one solid filled in color. Enlarge her eye balls. Cutoff parts of the chin and make her neck longer. Elongate the neck. Do awful these things and you are like what just happened to that person? Then the final shot is like zooming out from a billboard and you have a photo that looked nothing like the original photo. And original photo looks nothing like the original person. I think one of the scariest things for me

is realizing, because I only realized maybe this summer, how much they can do that with moving pictures. So like in movies and TV advertisements, all of that is still happening. There is still all of that intense makeup and lighting and hair and differences that is hours going into it. And then they like computerize it still. I still do not understand the technology that have

>> Funny. But a good friend of mine was a model in vogue. For like a year. She was in vogue. And she was so proud of like these pictures that they put in Vogue. And she showed me the picture and I was like where are you?

Because it was not her. So I thought that she flipped to the wrong page. It looked absolutely nothing like her.

>> It is crazy.

>> Yeah.

>> Also, though, I think it is good to know that. Like that high speed video thing you are talking about. I remember seeing that when it came out. It is also like one of those things that you can be like an active participant in media. And like being knowledgeable. Because you know, you see that stuff like you open a magazine and you see something, and like you know, at least I will speak for myself. I immediately have that feeling of like, man, you know what I mean? You are looking at it and you are like whatever. And then what I usually do when that happens is be like, okay, now, I have that feeling, now I will think about how that's not real. And like you know, and that really does help. Because like you feel so much better once you realize, okay, that's an impossible ideal to move. And these are things I can do to feel good. Like I like to go on a walk for 30 minutes every day. That's my way of feeling good and knowing that I am looking the best I can look in my body. And like not to strive to look like others either. Because that's like the whole -- that's the whole thing is like we are all unique. So like not only is it impossible to look like someone else, but it is super impossible to look like a computer image.

>> True. I think one of the things I love so much about the Love Your Body campaign on campus. Is that it does exactly what you just said. It teaches us how to recognize when it is totally fake. Like I open the magazine. I will acknowledge that it feels bad. And then learn it is not real. And then take the next step of actively loving the body that I have. You know, I think that's the stuff that is missed and why I like Love Your Body so much. Because there is this now I will put the magazine to the side, and look down at my shoes and realize I have the sweetish shoe collection of everyone I know. Way to go self. Finding something positive. Or I will move the magazine to the side and look at the antique table I am reading it on, and say I am so good at antiques. I love my body. Like I personally am not good at antiques. So that was a hypothetical

>> I am personally good at going antiquing with my girlfriend and pouting the whole time.

>> So, I think, it is important like, you know listeners if you can get anything out of the show, it is that I want you to feel positive about something about yourself. And, you know, listeners, keep it real. It is hard. Really hard. We live in a world that is not body positive. We live in a world that is so -- there is a really smart woman that does stuff like this. Her name is Jean Kilborn, and she does the killing us softly video series. If you interested in watching them, the MU women's center has them available to watch in their lounge. And it just talks about unrealistic media things and how people are portrayed in the media. But she has a fact that she talks about on one of the videos. Which is, if women stopped hating their bodies, and I am sure this goes for men as well B if women stopped hating their bodies the economy would crash. Our economy is so dependent on purchasing things --.

>> Billions of dollars

>> -- that make us feel bad, or make us feel like we are changing who we are. Because it really doesn't change. I will put on this face cream and my face will change. Still your face under the cream. But we purchase these things to change who we are, and what we look like, and it doesn't really work. So I am not saying we should crash the economy, but I am saying that we should love our body and put our money into things that we enjoy and feel good about ourselves, instead of feel bad about ourselves.

>> Just to add to that. There is a really great documentary out there, called America the beautiful. I don't know if folks have seen it or not. I think, it really elegantly displays everything that we are talking about here today. In sort of an hour and a half. This guy Darrell goes around interviewing like a bunch of surgeons, and plastic surgeons, and talking about what they do. And then talking about patients, and their process, and what they go through. So it is intense. But, I think t raises awareness. Which is great. Netflix

>> Nice.

>> I think it is important we acknowledge it and support one another in it. I know last spring we had an event put on by one of our student staff at the resource center at LGBTQ about eating disorders within the community and then a discussion afterwards. It was impressive to see the different people talk about the truth and what they are living through and going through. And you know, just that it is hard out there sometimes. And so what steps we can take to feel better. You know, like what can we actually do? So before we actually get to some of our guests and personal strategies that we use for ourselves. Sometimes personal examples can be powerful. What is happening on campus next? Well October 17, is national Love Your Body day.

And so we are going to continue the Mizzou loving body activity events. And there will be positive post its put up everywhere. I don't know if you are familiar with operation beautiful. But Google it, and or go to our website. And it is just kind of campaign going on across the country where people put out post-its with nice messages. That's it. Put a Post-It on a mirror somewhere. I know I found one on campus map one day. Just randomly walking across campus and I saw a Post-It, and it was like "hey you are great." And I was like "hey thanks." So we are going to do some post its all over campus. If you are interested in getting involved with that, or with Love Your Body in general, go to the women's center website and they have a form to fill out that said I want to volunteer, be on this committee. And they will let you know the info. I know I keep saying it is through the women's center. Women's center is for everybody. Not just for women. Jessi Hall you can go in there. Not just for dudes named Jessi.

>> Or girls.

>> Or women named Jessi. Exactly. So we are doing post its and positivity all around campus. So be aware of that. There were buttons at Love Your Body day today. I am sexy and I know it reference. We need that production booth.

>> Yes. I am sexy and I know it. I sub in for the production.

>> I feel like every single week, no matter what you talk about, at some point, someone in this booth ends up singing

>> Yeah.

>> Well, yeah.

>> Feel free to sing if you have a snippet

>> I appreciate that.

>> But only person that like actually is like good at singing, which is DJ Shane. Hasn't sang yes.

>> What did I sing? I sang umbrella last week.

>> Oh, yeah,

>> We'll see. We will do the cover show soon.

>> All right.

>> I think you should.

>> I am waiting.

>> So those buttons, they will try to make more. Because they ran out within 15 minutes.

>> That's really quick.

>> Yeah. For three hour long event.

>> So just look on October 17. Just, you know, look around campus. Keep your eyes open. See if you see anything nice. Usually I cannot vouch for



this. I hope I am not wrong. Usually try to have blank post its also in spots around campus to write your own positive messages and put them up in your class or residents hall or wherever you are. Disclaimer. Do not post anything anywhere you cannot post things. Do not break rules because I said too. I didn't say to break rules. Don't do that

>> Do not break rules.

>> Do not break rules. All right. Let's hear more from personal experience. So when we are feeling bad about our bodies what do we do to feel better?

>> Personally, I think eating healthy for me is key. No matter how stressed out I am. You know, what I am going through kind of making sure I am having three meals and balanced meals and surrounding myself with people that are positive and have a good sense of humor. And just kind of making sure that I am taking time for some self care. Really important. Because, I think, in this society we get so wrapped up in running a million miles an hour, that we forget how to take care of ourselves. And that's where a lot of our problems could potentially stem from. And then it is like working out. You know, going on a Walk, clearing my head. Stuff like that.

>> Definitely

>> Personally I will have a real talk. I will be like, self, you know what, your body is pretty dang cool. People do not realize, fun nursing fact. Takes 200 muscles to take one step. Okay. So I like have started to run. Which I have not done for a long advertisement but for the past four weeks I have picked it back up. So now I can run 3 miles without stopping. Which is not a feat. But for me it is awesome. Body has never been able to do that

>> Way to go.

>> So I am like self, look at you running. Your body can do this. And I mean, you know, nothing -- it is funny, base you get so focused on what you look like you almost forget what your body can do. It is so cool. Like -- never mind.

>> No

>> It is really.

>> Like the things that -- it would rock your world to see some of the things that your body can do. I have seen like surgeries, and seen that stuff. And to know that like I can pull your whole intestines out of your body and put it back in any way I want to and your body can readjust it. So cool what your body can do. I can cut out part of your intestines and body can adjust to that. Like people focus so often on what you look like and go forget all the cool things that are inside of you.

>> Do you see her smirk when she talks about that? She is like horse, guts, intestines, everything. But I was also going to say, you know, focusing not just on physical aspect but one of the things I do. I always go up to the cliffs off

hinkstone trail and play my guitar. And like just like the fact that we can sing. Like our voices do cool things. So many things you can do with your body. And sitting there and being able to play an instrument with six strings. And you can like pluck a certain -- I don't know. Weird things. Why does that make a sound. why does it work? I don't know. It is fun to do and it makes you feel like you have accomplished something that not everyone else can do.

>> Yeah.

>> Absolutely. Like going along with that. Appreciating your ability. To whatever like degree of ability you have. Like just like taking a minute to appreciate like how all of that stuff works. That you know a lot more about. But just like a lot of stuff goes in to all the stuff that we do.

>> Yeah. If you look at your hand and then you are like make a fist and open it up again. It is like -- I have been doing this all of my life. And like wait a second. Like a billion -- technical number. Bones and muscles, and ligaments, and sameu -- is that a term? Stuff in there that makes it so I can grab things. I cannot pluck a Guitar. But you can pluck a guitar. I don't know. I am a big soccer player, so I think about all I can do with this little ball by moving my ankle and toes and foot in a different way. And like, you know, dance -- dancing, if you watch people dance, that's amazing. Or --

>> I cannot dance.

>> Or actually dance.

>> You can dance.

>>You know, what I mean. But, yeah, dancing is like something that can be fun, or changing the way your voice is. Lots of things. I think, I am the only one that didn't go. What do I do when I personally feel bad about my body? I like to do a push up in like really perfect form push up. And I do them like super slow, and I always think of -- this is so ridiculous. I think of this old, I don't know what bridge in the military it was. Like this military advertisement that was like, you know, be all you can be. Or whatever it was. I have never had any interest to go into the military. But I always thought they were awesome how they do these perfect push-ups all the time. And I getto cussed and do one. And another thing I do is like Jessi, like having a real talk with myself. I try to remember like how did I get here today? I walked here. Or I rode my bike here. Or I did something that got me here. I did all of these different things and thinking about what did my body do for me? Like it is flying and typing across the keyboard. Fingers moving so quickly. And making words happen. And barely moving a pen and those wiggles are like making actual words come out and messages and communication is occurring. And really just getting kind of like super focused in and zoned in on what your body can actually do, as opposed to like what it doesn't look like, right?

>> I wanted to remind you of had when we had a push up contest at my house. 1507. Do you remember that? You won. But like not by much, for real. I think it was one push up. You had really nice form. Now I know why.

>> I had a push up contest with Roco -- I cannot remember the name. He goes by DJ catastrophe. Hip hop artist. Helps to write OP. He is a writer. Traveled around. Been to Mizzou a couple of time. We had a push up contest and I definitely lost that one. Bummer. Did anybody see the Ellen episode where she had a push up contest with Michelle Obama

>> Michelle Obama beat her

>> Totally she won. I was impressed

>> Awesome.

>> Okay. I want to go back a bit to what -- Sonia what you said about eating healthy. Because, I think, in our society we do not actually know what eating healthy means. I think we think it means eating less. Which is not the case. It means eating the right things. So more of the right things and less of the bad things. But it is not as simple as more or less. It is about what you are eating more than about the amount you are eating. And a lot of the time. And so what is -- I mean what do you all like to put in your body to feel better?

Like me I drink water. If I don't feel good I drink water.

>> I think another part to that too is just listening to your body and, you know, I think we are so used to kind of dividing foods up to what are unsafe foods, and what are safe foods. And what is healthy and what is not healthy. But what if we just took a minute to listen to what my body needs right now. Like if I need carbs, I will have a hamburger. That is not a big deal. Or if I need an apple, I will eat an apple. So, I think, by listening to your body you develop this intuition, so it is like intuitive eating. Which could be really cool.

Without being so wrapped up in like I need two apples today and eight glasses of water. You know what I mean? So when we are able to do that we let go a bit. And then also connected to the whole control piece, eating is often times connected to that. So if we can learn how to listen to ourselves, and relax a bit, I think, eating will be a fun thing. Like it should be.

>> They recently had a study, and I cannot remember what it was in, but I read it on MPR. And basically saying that your body will tell you how much water you need. As opposed to like -- I took this woffer class, that makes you be able to live outside but anyway, unrelated. I cannot live outside.

>> You failed the class?

>> No, passed it. But I cannot live outdoors. Come on now. I need a bed. Anyway, so slight digression. But basically saying that previously saying you had to drink like, I think, 8 or 9 glasses of water a day. When I was up in Canada being a canoe counselor, that was accurate. Because you would

spend like eight to 10 hours on the water doing like physical exercise. And basically what this said is your body will tell you how much water you need. So it is like I am thirsty, so you drink water. Then you can stop. And if your body does not want more. Because I used to have a lot of water shame. I would be like I should be drinking more water. And I would seriously like really beat myself up about it. And I read this article and I felt so much better. Because it was like, you know, there is that point where you think I should be drinking water but I don't want to drink water. And so it just like really like what you are talking about. Food intuition and listening to your body. It is so true. Like, you know, if you want sweets, eat them. But like if your body is like I am craving spinach. Which that happens to me a lot. That's why I am talking about it. Eat some spinach.

>> I have had this conversation with multiple people, and kind of ongoing too. So like how do you listen to your body? Like it is not talking. How do I know what it wants? I don't understand it. I am eating weird. I have eaten whatever my mom put in front of me. I don't know how to do it. So I think, an way to take steps toward that is to listen to your body after you eat something. So like eat something, and then literally make yourself take a pause, you know, 20 minutes later, or whatever. How do I feel right now? Does my stomach feel good? Am I satisfied? Do I have a stomach ache? Am I thirsty? What am I feeling after. Because once you practice the reaction of something then you can start to feel like, okay, I am about to have lunch. What do I want for lunch? And actually thinking about what do I want? What does your body want? Sometimes it is hard to be like okay I heard InsideOUT about loving my body this week. So I am going to listen to my body, what do I want? And that could be so hard to figure out. So ways to like work toward figuring that out is really trying to be like really in the moment when you are eating. Tasting the food you are eating. Not just wolfing it down. Taking the time to like think about what you are eating. Taste what you are eating. And then afterwards like how did it digest. How did it sit with me? Do I have cravings. Did you fulfill those cravings? How did it start.

>> Yeah, we are busy people. So you know, that's fine. Sometimes you have to go and get a quick meal. And that's -- you know that's something that happens because we have busy schedules and what not. But just like taking time. Like that could be one of those things that you, you know, make sure that you pack a lunch that you know you will want, because say you are busy every day at 11:00 and that's when you are hungry. So instead of going and getting whatever is easiest or cheapest or whatever, like you have that planned out. That way, you know, you can still feel good in the middle of the day after

you have eaten. Because I know that's something that I always fall into. I should make my lunch but instead I will play with my dogs. Then the next day I am at work and I am like, I don't have a lunch. So whatever. Like it is -- there is nothing wrong with grabbing a quick meal but just like if you know you are a busy person, planning ahead to eat stuff you like.

>> Definitely. Those are some reactive things we do. When I feel bad about my body I do this. I go take time. Or I go for a Walk. Or whatever we kind of started to talk about proactive things like planning ahead with our meals, and listening to our bodies, so we can make sense. But I would like to hear more proactive things we can do to love our bodies. So I will start this time. I went last time. Remember listeners, we are all unique individuals, that's what we're talking about. So make sure you are doing what works for you. Do not be afraid to try out what we are talking about on the show. Or read other things. Check out websites. Go to [LoveYourBody.missouri.edu](http://LoveYourBody.missouri.edu) for ideas. Follow at [MULoveyourbody](https://www.instagram.com/MULoveyourbody). Tweet, Twitter. But figure out what works for you. Tweeter. Figure out what works for you. So some of the things that work for me are kind of corny and hokey, but they work for me. So I write myself quote unquote love notes. I write myself positive messages. And I will put a Post-It, or I have a white board in my room. I will say, like, I know if I have a hard work week coming up, I will write, "you are Doing good work. Try really hard. Get through this week. You have done everything you can." I will shame that I have not done enough. So just having that note is really nice. Or like if you have ever been in my office, which you are welcome to come visit. On the side behind the computer I have a ton of notes and post its and ideas and thoughts. Some of them are like extremely purposeful. And they are from Love Your Body day. And buttons that say love your body, or a cling that said I heart me. Or a cling that said I eat when I am tired, I rest when I'm hungry, I surround myself with those that make me a better person. Or they are like a note from myself that is like an inside joke that said "walk up the street." I know what it means to me because I have a specific memory of like turning and walking up the street when itches scared to. So blah, blah, blah. But find what works for you. So that really works for me. Cutting all the tags out of my clothes works for me. because that tag cannot define me. like whatever that letter or number in that tag is, it doesn't mean anything to me. it doesn't help me to look at it. So I cut the tags out of my clothes. Once I purchase them.

>> And they could be itchy

>> That too. That's not loving my body at all

>> No it is not. I hate itchy tags.

>> Yeah.

>> Another thing I do is I have not weighed myself in like I cannot tell you, six years. I have no idea. When I go to the doctor and they weigh me I say I don't want to know. And nurses whoever it is, doing it, say okay. Those are proactive steps I take. And I started to not weigh myself because so many would ask me and I was tired of knowing and easier to say I have not checked. And also, I think --

>> I have some competitiveness in me like we talked with bean bag toss.

>> Some?

>> So I know myself well enough to know if I have a goal I will just like work so hard to get to it. So I try hard to take out goals that do not make sense. So like Jessi you were talking about your run and what you are doing. When I run, I enjoy doing that, I make sure I cannot see a clock for a good half hour at least when I leave. So I cannot know how long I ran. Otherwise I would be like that took this many minutes so next week I have to be one minute less and week after that one minute less. And it doesn't help. I took a step back from that practice and running faster, I don't play competitive sports. There is no need for me to like run faster. I am running so I feel good. So you get energy out. Because sometimes I bounce off the walls. So it doesn't help to do that. So I don't time myself purposefully. And I don't pay attention to those things. And that has helped me. You know, it is an ongoing thing. And where I am at notify a healthy love for my body. And it was hard to get here.

>> So other proactive things you all do?

>> I think, for me, you know, I don't know, sometimes I feel like people are constantly like maybe running away from how they feel. And so for me it is like, if I am feeling uncomfortable, or experiencing anxiety or fear, like I just allow myself to sit with it. And just get used to how I am feeling, that's where the whole mindfulness piece comes in, because I think it can involve sitting with myself, and getting comfortable with, okay, I am feeling anxiety right now. I will acknowledge that. That's cool. I don't have to run away from it. Finding something to distract myself with. Because we are so good at that. In this society, again, we have our cell phones, and I-Phones, and You Tube, and like Hulu. So I don't own a TV. I don't have cable. And I kind of find 20 minutes in the day to just sit and practice being mindful. And it is something that I do every day. Because, I think, it is easier said than done. And it is easy to just, you know, go to a meditation class once a week, but putting it into practice and having it be part of your life is really important. And just when you are sitting with yourself, there is so much you are aware of. Not just anxiety. But man I am feeling fear. Where is that coming from? And all of these thoughts are running through my h but that's okay, I will sit with it. You know, so just something that I have done for awhile. And, I think, it kind of helps me to

keep things in perspective. Helps me to let go a bit. I cannot be in control of everything.

>> Yeah, I like to walk my dogs. It is like definitely like -- I also really have started practicing the mindfulness piece. And like it helps me so much, like I have had anxiety like all of my life. So like my way of dealing with that is as soon as I feel anxiety, I just center to sit and think about it. And it might take like five days. I don't sit for five days and think about it. But I make sure I eventually figure it out. And like that's just been like a huge piece for me. especially like being in a relationship. Because like you are not allowed to be in a funk for five days. I mean, you are but whatever. Like it is not the coolest thing when you are dating someone to like have somebody be like in a funk for like five days. So anyway, like a lot of that I can do on walks. Because I kind of space out, and get to like be by myself in my head or look down at the dogs and laugh at how weird they are. So, you know, I really do like walking my dogs. And it is good exercise, and it is fun. So it is not like -- I used to exercise and have it be this thing I did not enjoy. Which is bizarre retrospectively that I would do that. I hate to run. I want to run. I want to say I am a runner. But I will never be a runner. Even in high school when I was an athlete. I played Lacrosse. We ran 2 miles every day. I hated it. Every day. And like I didn't really mind it so much on a team because you run with the team. But after that I would always be like okay, I will start to run. And I am just like, you know, I have done spurts off-and-on. But it is just like -- like I finally in my 27th year of life been like it is okay, that I don't run. I don't care any more. And so I walk. And I really like to walk. And so, you know, and then the dog element is just mostly for giggles because they are so weird.

>> Yeah. When my dog DJ Dibbs, when he walks, he has small legs, and sometimes I watch him walk when he goes fast. Because four legs rapidly moving and I am in my head going like bing bing bing bing bing. Sometimes aloud too. Totally fine.

>> I think one thing I like to do to be more proactive about it. Is that I really focus on who I surround myself with. Because that's a large thing. And as a woman within the Greek community I often am surrounded by all women all the time. And there is a lot of talk that goes on, and, I think, I have kind of -- at least I think I have become the voice of reason. With those women that I hangout with. And I see it, kind of mirror back at me. those, you know, when people are having those negative conversations and I am kind of like, hey, but remember how you did really well on that test last week? Your body is au. Some your brain is so big. And you are so smart. And I am so proud of you. I see that now as I talk to my roommates. You know, maybe I

didn't eat very healthy today and I am not happy about that. Because like I want to look better. And they are like, no, you are not happy that you did not eat healthy because it is not good for your body but not because of how you look. Thanks dude. Call me to that. Call me on it. So it is very important about who I, at least, personally surround myself with. If I surround myself with negative thoughts and people, it is easy for me to fall into that.

>> Yeah. Definitely.

>> Well I am like the music nerd over here. So what I will do is usually -- I am a big visual person, so I really appreciate everything that my eyes do for my body. And nose, I like sense a lot. And like I say, I will go up to those close, and maybe it means sitting and watching the sunrise for awhile. I guarantee you that I will put in my IPOD. But I guarantee you there is a song out there for any type of he emotion. Google your emotion and be like songs and read the lyrics, if you listen to them, it makes you feel like you are not alone in whatever you are feeling. You can sit there, absorb the beauty around and you feel like what you are feeling for 30 minutes and listen to six songs. Whatever you want to do. But different for everyone. But having that relation that I am not alone in what I am feeling. Makes me feel as if there is a bigger idea of these emotions. That it is not -- emotions are not -- what is the word? Emotions are not secluded to one person. And that emotions happen to everyone. And everybody feels them differently and people have different ways of dealing with them. But you feel the community when you can hear others talk about it. So I am a big person with relations and music is just how I feel it.

>> Yeah, I think that makes sense. It is important that each of us recognize what works really well or not for us. Like I am a English nerd, I was a English major. I love it. I write poetry. That is usually not great but I like to do it. And I like reading it other. I write it for me mostly. And I read poetry. And like that's something that works for me. There is so many different kinds out there. There is super angry poetry. So bad. And then really like light and soft. And let's write about nature. And sometimes I like that. There is so much out there. you can find your own way of understanding it and dealing and handling things. I think that's important.

>> Just to add to that. Great poet out there. Katie Makai. You can You Tube her, and she writes amazing poetry about loving your body. And self esteem. And just, you know, what is it to be beautiful in this society. And she is just awesome.

>> Yeah. I am excited to go look at her. Sorry I got excited like yeah, I am going to do that.

>> I was going to say, I also like to love my body by watching TV. And like



zoning out. And like allowing myself to like non-guiltily lay on the couch and eat ice cream and watch TV. Because that makes me feel good too. Equally as good as walking my dogs and watching their weird paws move.

>> Yeah. I think the thing again, goes back to listening to your body. And hopefully you can start where you listen and hear what you need from the beginning. But if you cannot tell what you need, if you are like I don't know what I need, I need something. I am going to take a walk. And if afterwards you are like, well, all right, I feel rejuvenated, I feel great. Or if you feel like I am just so tired. My feet hurt. That was awful. Then like next time hopefully you can figure out that a Walk is out and a TV is what I need. Or if you want to lay on the couch and say that was great. I feel rested and revamped a little. Or if you feel like I have so much energy. Nothing worked. There is nothing on. You know, you can kind of figure out what you need and what works and what doesn't work. I think that's really important. Jessi, go back to what you said about surrounding yourself with good people. And talking about how much ownership and ability we have in creating those good people. You know, like you were talking about your friends call on you your stuff and you kind of interrupt your friends when they are being negative. So first thing I want to say is holler back to that mean girls clip when they are like talking about all the things that they hate about themselves. And just acknowledging like that's a part of our culture. That's a way that we are taught to relate to one another. Is to relate based on things we hate and not based on things we love. So, I think, with your close friends and people you care about, you can say, like hey, let's be really nice to ourselves. Let's relate on ways we like each other and not treat each other like we are being big headed jerks but treat each other like we are being body positive. Because it matters to us in our friendship. I try to be intentional in LGBTQ that are it is a positive space, you know, and that we are nice. That doesn't mean that we can't talk about it being hard. Because it can be hard. But also that we have ownership to do. That one of the easiest ways to do that is give people compliments. I love to compliment people. Because you know what, usually they compliment you back. And it is always a good feeling. Not like if you compliment someone you feel worse.

>> You do not ever regret giving someone a compliment. There are a lot of things you may regret saying in your life but giving a compliment generally is not one of them.

>> Yeah. I mean compliment each other. I remember when I was undergrad I gave myself a challenge of doing three compliments a day I did it. And like I just felt better in the world. And I could not figure it out then I thought, yeah, I did the compliment thing. I wonder if that was it? Or I did good on a test.

I am not sure. Maybe I am getting sleep. But I feel better  
>> Like surround yourself with people that are nice, and are, you know, compliment you on your body, and your strengths and stuff like that, and like they said reciprocate that. Like I mean, I have worked very hard to like -- I don't even know I did it intentionally. But to surround myself with people that think I am great. And think that I look great. And like obviously I think -- I think you are great.

>> Thanks. I feel the same way about them. That takes a long time and a lot of strength to be able to surround yourself with people that you like. And it is hard. And they are hard to find. Really good people. But, I think, that's something like I have intentionally worked toward. And it really does make you feel better. When people really think you are beautiful. And tell you that. Like not just your signature other but like your friends and everybody else. And you know they are genuine. That really helps. Like it really helps. And, I think, that's a way you can also work toward, you know, continuing to Love Your Body. And because you really start to believe people. You know, you trust your friends and you love them. So like when they tell you that, I mean, you just -- it is hard to ignore that. Hard to ignore when somebody else tells you are great. I mean you should believe it yourself. But it is like, wow, okay, you don't usually lie to me. So I must be pretty fricking great.

>> Yeah. The other thing, another challenge out there for you listeners is when someone pays you a compliment, say thank you.

>> Yeah.

>> I dare you. Like just whenever compliments you say thank you. I don't think we realize how often we deflect compliments. Sometimes people are direct about it. Say, oh, no. Blah, blah. Whatever they say. But I remember I caught myself, people would compliment me on clothes and I would never saying that. I would say, oh, I got it at Maude Vintage, or I bought it on sale, or blah, blah. It did not occur to me that I was deflecting the compliment, instead of accepting it and saying thank you. If this is the first time. Like if you are listening to this and you think, okay, I will try to do that. Try to feel better about my body. Take these strategies they are telling me, say Thank you. It is okay if it is not easy. It is not easy the first time. It is a huge habit to shift to accept people saying good things about you. And it could be uncomfortable at first, to think, to take in other people think I have value and worth. Because that's acknowledging to yourself, how much value and worth you have. Maybe acknowledging the other people in your life who don't make you feel valued and worthwhile. That could be really hard to sit with or face and kind of acknowledge, like, wow, this person makes me feel really good. Probably this person over here should be doing that and they are

not. So what does that mean? How do reconcile that? Its hard to take on >> Maybe they are people in your life, like I said, I intentionally choose my friends. But sometimes you cannot choose family. And other things like that. And so, you know, like being able to just kind of mindful and present and like, you know, stand up for yourself the most you can, but also be able to be like, you know, how you were saying you look at a ad and deconstruct it and then you can be like I feel better. You can do that with people. Things people say to you. If you are not in a place where you can interrupt them. Or, you know, maybe it is like you are a parent or something, so it is like uncomfortable power thing. Power dynamic. You know, like you -- just make sure that you revisit that. Either by yourself, and talk it out with yourself. Or with like friends. Or whoever you need to talk to about that. Just make sure that you do not let that stuff sit in you. Because it is just not good for you, to not Love Your Body and yourself.

>> Yeah, as we talk about that these are hard issues, like thank you Mizzou for being awesome and having resources. We have the Counseling Center. I think we have talked about it on every single InsideOUT. Because we love and heart the Counseling Center. Do not be afraid to go there and talk to someone. Go once and say, I listened to this thing and they made me feel like this. And then you can decide, yeah, I want to talk about this. And say I feel better. That's all I needed. Do not be afraid to use these resources, try them out. Talk to somebody. Get help figuring out what it all is. Or, you know, go into the woman's center, your friendship group, come into LGBTQ and let's talk about it. Like have you -- you know for us, specifically in the queer community, like we feel like we have to be a certain way in order to be valued. And at first we feel like we have to be straight to be valued. Often. And then once we figure out, okay, no I am proud to be a member of the queer community. And within my identity, whether I identify as queer, or lesbian, or identify as butch. Or whatever I identify as. Those are three kind of specific identities. But you know what I mean. Whatever they happen to be. Then we kind of figure out oh, well, the stereotype is, you know, like if I identify as a gay man I have to be gay best friend good at shopping. I have to do that. I have to have, you know, whatever personality and I have to be in these certain ways. And then we think there are looks associated with it. So trying to figure out who I really am and how I want to portray that. Not to be scared to try. I have tried all sorts of different things that didn't work for me. One of my best friends used to wear cowboy boots every day. So I was like, all right. So I wore cowboy boots once. I wore them to work and I was like I feel so uncomfortable. What am I doing wearing cowboy boots? This is not who I am.

>> That is so funny. I went through a cowboy boot stage. I wore them like maybe a couple of times. I was like I look so silly. But I really liked them. And, I think, that's this whole other thing where I want to be a cowboy, and it is not going to happen for me. that's okay.

>> Yeah. Or, you know

>> Or maybe it will. I don't know

>> Halloween is coming up. Remember we talked about having a mid-life crisis and go work on a farm in New Mexico.

>> Yes. We should still do that

>> Still going to do that.

>> Or not. Or we will be -- I don't know

>> Secure throughout our lives and make it a valid choice instead of as a crisis.

>> But so we can wear our cowboy boots then.

>> Yeah.

>> So we are wrapping up on time. So guess, I want to give you an open spiel, tell us about being body positive. Or loving your bodies, or what you do. Resources of know of. Or tips you have. Or knowledge you want to bring. Go.

>> I want to reiterate, you know some of the points you made. Which were all wonderful. Counseling Center is an amazing resource. And you know, if you have got some anxiety about body image issues, or eating concerns, come see us. Make an appointment. We're willing to work with folks. That's like an area of passion and specialty for me. I Love to work with folks with body image issues. And, you know, if you are feeling something and you feel anxious or not sure what to do. Write it down. Keep a journal. Journal your thoughts to keep track of how you feel throughout the week. There is a cool website. Called [www.24/7.com](http://www.24/7.com). It is totally free. And you can go on there to sign up. And you put in your cell phone number and they send you awesome texts like once a day asking you to rate your mood. And like anybody can do it. I do it too to keep track of my Monday, Tuesday, Wednesday. If I have had a crappy day I am like okay I was a three today. And, you know, then you can go in there, log into the website, and after a week or so, and kind of see like the trend of your mood throughout the week. And like when you have had the lows and when you have had the highs and why. So just something cool to do. And like I think, you know, stuff that was said before, surrounding yourself with people that are positive. And who are going to be a good influence on you and will be supportive of you when you are having a shitty day and you need someone to talk to about it.

>> That's okay.

>> No, that's such a good point.

>> Right. And you know, I think, don't buy beauty magazines, they will only make you feel ugly. Remember that song?

>> Yes, I do I quote it all the time. So excited to have it

>> Sing T sing it

>> It is like a spoken song.

>> I am just kidding.

>> Do not buy beauty magazines, they will only make you feel ugly

>> That was like my eighth grade video song.

>> Eighth grade? I graduated from high school that year.

>> Well, cool

>> And I am so proud of it. I am 30. Loving my body and it only gets better.

>> One thing I would say is to really kind of look at what is beyond the mirror. As we talked about earlier. To look and see what is in the mirror and look past that to see everything that you can do. And so many, I feel like probably so many of our listeners tonight are college students. And to those college students out there. Like you can do so many awesome things. Did you know that one brain cell holds as much information as the encyclopedia times five. One brain cell discipline sane

>> Right?

>> Awesome.

>> So you are all so smart. And have so much going for you. And have so many muscles in your body. And so many things that could rock your world. And to just for everyone to embrace that. To just look at everything that you can do. And not focus so much on what you cannot do or don't look like.

>> Yeah,. And also like wherever you are, on the path to loving your body. Is totally acceptable. You know, and like start today. Like it doesn't matter if like maybe this is just the beginning for you. And you are like well I am kind of buying in to what you are saying but I don't feel comfortable in my clothes or with my, you know, name any part of your body. But that's okay. You know, there is always a starting point. And it is better to start now, and just try those steps. Try some of the things we said. Use the resources we talked about. You know, and you are just -- any point is a good starting point.

>> Yeah. Like I love that. That any compliment I pay myself or any love I show myself it is good. It doesn't have to be don't put the same controls like we were talking about do not be so focused and worried about control it doesn't have to be -- I have to do it like this. It could be like, you know, yesterday I really liked my hair. And that's what I got right now. Good for me. You know, like that's great. That's -- there is nothing negative about being positive. That's deep.

>> Little things like putting on your favorite shirt on a day you do not feel

comfortable with your body. Or a favorite hat because your hair is not like you want. Little steps like that are steps toward body positive.

>> Definitely. Do as much as you can. When I was a college student, I had zero dollars. I had negative dollars. So the clothes that I had, I was not in love with. I didn't like those clothes. I cannot afford different clothes. Lots of them were around me downs from youth. They were all the same. Like that's kind of how it goes. But I liked the other things I could do. I liked that I was good on my rec sports team and valued member of the sports teams. And I liked that I got good grades, and people told me I was funny, or nice, or good listener. Whatever it was. Find the positivity you can find, and keep working on it. Building on it. And write yourself a list of things you are good at, and if you do not have it in you, you are like I feel awful. I am going to write a list of what I am good at. And you think nothing. Like find a good day. Do it on a good day. That you can save it for when you feel bad. And like make yourself a list on your phone, things I am awesome at. Whenever you feel good you are you can write down. And whenever you feel bad go to the list and read it. Like be a friend to yourself. All right. That's all we have got. Coming out week is next week. You better be excited. Come to everything. I am going to read my you are more than a number poem at open mic night 7:00 next Monday. Come to that if you want to hear more body positivity

>> I am sure I am roped in to playing guitar that night too.

>> That's true. You will be playing.

>> Thank you so much to our guests.

>> Thank you.

>> Thank you.