

BODY POSITIVE YOUR FEED

#BODYPOSITIVE #RECOVERY



INSTAGRAM

mirrormovementmum
965 Posts, 1,546 Followers, 573 Following
Learning To Love Myself
Health & Wellness Website
#ditchthediet #dietculture #selfloveyourself #dietculturedropout #positivebodyimage #learntoloveyourself #selfacceptance #bodylove #allbodiesaregoodbodies
amandastokes.com.au/when-you-find-yourself-lost/

Mirror Mirror Movement

recoverywarriors
2,471 Posts, 72.3K Followers, 261 Following
Recovery Warriors™
Community
Hey warrior 🦋 we're here to help YOU recover! Must-have resources for battling an eating disorder, anxiety & depression 🥰❤️
Founded by @jessica_flint
linktr.ee/recoverywarriors
Followed by i_weigh, theeatingdisordercenter and 8 others

Recovery Warriors

rebeccascritchfield
3,042 Posts, 19.6K Followers, 1,646 Following
Rebecca Scritchfield, RDN, EPC
Author
#BODYKINDNESS book and podcast Create a healthier life with self-compassion, not body shame Raising 2 #antidiet humans to respect all bodies (She/Her)
www.bodykindnessbook.com/2019/09/03/podcast-127-p...
Followed by theeatingdisordercenter, platebyplateapproach and 5 others

Rebecca Scritchfield - Body Kindness

bodyimagepositive
46 Posts, 1,555 Followers, 1,310 Following
Body Positivity Movement @
Motivational Speaker
body positivity & self esteem activist to help spread positivity
everyone is insecure, learn to love your imperfections because you are beautiful
chng.it/gvjJKpPT

Body Postivity Movement

dietcultureinc
96 Posts, 11.6K Followers, 2 Following
Diet Culture
We specialize in creating the next best thing in dieting! Parody account.
Created by @samdylanfinch & run by @theshirarose

Diet Culture

recipesforselove
285 Posts, 569K Followers, 0 Following
Recipes For Self Love
Community
- RFSL book out now worldwide!!!
- Credit, don't edit if you repost
www.amazon.com/Recipes-Self-Love-Feel-Patriarchal-W...
Followed by the_mindful_psychologist, eatingdisordersvictoria and 3 others

Recipes for self-love

i_weigh
2,946 Posts, 832K Followers, 1,541 Following
I WEIGH
Community
I Weigh is about radical inclusivity, so that no one feels alone. Our job is to amplify, advocate, and pass the mic. Founder, @jameelajamilofficial
www.iweighcommunity.com
Followed by the_mindful_psychologist, eatingdisordersvictoria and 8 others

I Weigh Community

bodyposipanda
1,478 Posts, 1.2M Followers, 515 Following
Megan Jayne Crabbe
Author
I like talking about body positivity, feminism, and how dogs are better than humans.
Bestselling author of Body Positive Power
LIVE SHOW
myticket.co.uk/artists/bodyposipanda
Followed by i_weigh, theeatingdisordercenter and 9 others

Bodyposipanda (Megan Crabbe)

happsters
1,472 posts, 104k followers, 997 following
KELLI ★ HAPPINESS INSPIRATION
Follow for positivity + puppies on Fridays
Featured by BuzzFeed, Cosmo, Self + USA Today
Spiritual/wellness account - @ourmysticmusings
www.happsters.com/about

happsters

FACEBOOK

This is a body hate free zone. Every body is loved and celebrated here.
Group by Mirror Movement
Ditching Diet Culture Support Group
CLOSED GROUP · 89 MEMBERS
+ Invite

support groups...

BREATHE
Connect with your body.
Group by Tracy Brown, RD
Intuitive Eating Support Group
CLOSED GROUP · 6.9K MEMBERS
Join Group
About
This is a non-diet group devoted to becoming an eater who can listen to what the body needs and where food can just be food. What y... See More

The Butterfly Foundation
Eating Disorder Hope
National Eating Disorders Collaboration
InsideOut Institute for Eating Disorders
Beating Eating Disorders