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Breaking WEIGHT BIAS

Promoting Health without harming through digital training tools

Project number:

2020-1-UK01-KA204-079106

Module 6 - Tools for a healthier relationship with food and body

REFLECTION





Reflection

(100 words maximum)

This task is based on personal reflection. Write about how you have engaged with the course and how it has led to a change in your thinking about the weight-inclusive approach, Health at Every Size® model, mindful and intuitive eating, and trauma-informed care.

Second, write about how you might translate your understanding into action with the patient.

Key-points that you could take into consideration during your reflection:

- You may use phrases like "I used to believe that ..., now I think that ...", "My view changed because..."
- How might you use what you have learned to respond to the weight-inclusive approach, Health at Every Size® model, mindful and intuitive eating, and trauma-informed care? How could you share your understanding with others?