

ONLINE MOVEMENT FOR THE NATIONAL EATING DISORDER AWARENESS WEEK 2022

GOAL

Following this year's theme, we want to open a discussion on the two inner voices present in people living with an eating disorder : the negative disorder's voice and the positive voice of the individual.

The movement's goal is to give more power to the healthy voice inside of the individual and reduce the eating disorder's power. By complimenting ourselves, we can allow the more compassionate and positive voice within us to grow. By displaying to others this positive voice, we encourage others to do so.



SEMAINE NATIONALE
DE SENSIBILISATION AUX
TROUBLES ALIMENTAIRES

aneb
Anorexie et boulimie Québec

maison | l'éclaircie
aide & référence | anorexie & boulimie

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MOVEMENT DESCRIPTION

On the Maison L'Éclaircie Instagram account will be a sticker in story format onto which you may directly share your photo. We ask that you create a selfie in which you will add a compliment by using a piece of paper or by simply writing directly on the photo and using the Maison's sticker. Then, you may add the hashtags #SemTA2022 and #MyInnerSpeech. You can also tag @aneb_quebec et @maisonclaircie so we can repost your stories on our accounts. You may also add a video following the photo to explain your point of view on this particular movement and explain in your words the National Eating Disorder awareness week (this is optional). You may also discuss the necessity of being more gentle towards ourselves on a daily basis and how this is even more important for those suffering from an eating disorder.



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HOW TO PARTICIPATE

Here are the steps to post your Instagram story to participate in the movement

#MyInnerSpeech/#MondiscoursInterieur.

- Create a poster where you give yourself a compliment;
- Go to @maisonclaircie's Instagram page on February 1st;
- Open the account's story and find the movement's sticker named «SemTA2022»;
- Click on the sticker and add your own photo; (since the frontal camera might reverse the writing on your poster, ask someone to take the photo or take the photo with your back camera);
- Add #MyInnerSpeech/#MonDiscoursInterieur and #SemTA2022 before posting your Instagram story. Make sure to also tag @aneb_quebec and @maisonclaircie;
- Add a short story video explaining your point of view and the necessity of being more gentle towards yourself (optional).



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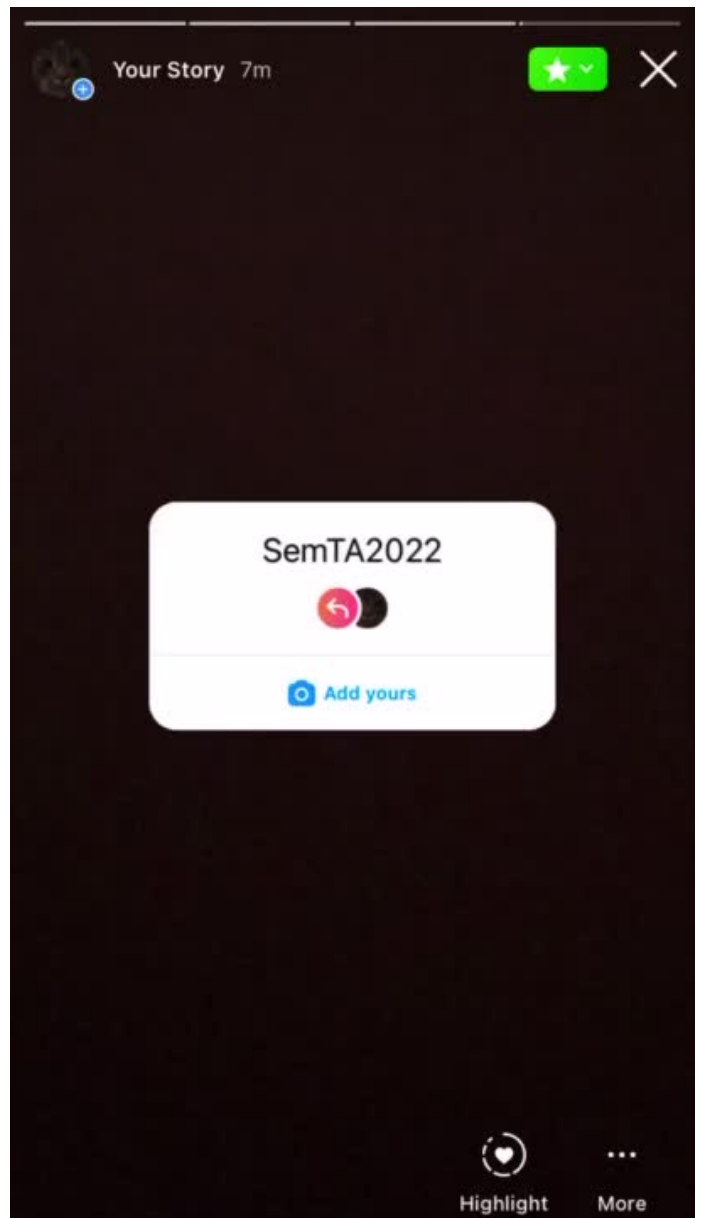
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VIDEO TUTORIAL

Click here to access :
<https://youtu.be/jgGwOHffcP8>



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