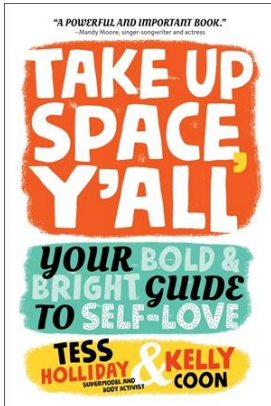


Research Notes



Chapter 1: Find Your Fit

"Dress Codes 101"

Page 3: *"No, you can't wear your Metallica concert T-shirt! It's a formal event!"*

"Attire Guide: Dress Codes from Casual to White Tie," *Emily Post*, Accessed October 30, 2023. <https://emilypost.com/advice/attire-guide-dress-codes-from-casual-to-white-tie>

"Unleash Your Own Style"

Page 4: *Style, according to fashion designer Tan France, is personal.*

"How to Find Your Personal Style: 5 Tips for Defining Your Style," *MasterClass*, June 7, 2021, Accessed October 26, 2023. <https://www.masterclass.com/articles/how-to-find-your-personal-style>

"I Need Clothes in My Size and Budget: Thrifting"

Page 7: *Thrifting can be easy on your wallet, is better for the environment than buying fast fashion . . .*

Allison Hirschlag, "Can Secondhand Shopping Dent Fast Fashion's Environmental Damage?," *Scientific American*, November 7, 2019, Accessed March 19, 2024. <https://www.scientificamerican.com/article/can-secondhand-shopping-dent-fast-fashions-environmental-damage/>

"What if I Hate How I Look in Everything?"

Page 9: *Science says that accepting yourself exactly as you are can actually boost your happiness.*

Psychology Today Staff, "What is Happiness?", *Psychology Today*, Accessed October 31, 2023. <https://www.psychologytoday.com/us/basics/happiness>

Chapter 2: About Face

"Facing Your Face"

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Rachel Griffiths, "The Best Skin-Care Routine for Teens, According to Dermatologists," *The Strategist*, March 16, 2023, Accessed November 1, 2023. <https://nymag.com/strategist/article/best-skincare-routine-for-teens.html>

"3 Fast Facts about Sunscreen"

Page 14: Broad-spectrum sunscreen protects against both UVA rays, which go deeper into the skin . . .

"What is the difference between UVA and UVB rays?", *University of Iowa Hospitals & Clinics*, April 2018, Accessed November 6, 2023. <https://uihc.org/health-topics/what-difference-between-uva-and-uvb-rays>

Page 14: . . . but that was probably just started by a parent who was tired of reapplying sunscreen to their wriggly toddler.

"Sun Protection Factor (SPF)," *U.S. Food & Drug Administration*, July 14, 2017, Accessed November 6, 2023. <https://www.fda.gov/about-fda/center-drug-evaluation-and-research-cder/sun-protection-factor-spf>

Page 14: Try one of these SPF products designed specifically for your face . . .

Griffin Wynne and Kristen Adaway, "These Are The Best Sunscreens For Kids And Teens, According To Pediatricians," *Huffpost*, June 13, 2023, Accessed November 6, 2023. https://www.huffpost.com/entry/best-sunscreens-for-kids_l_647f3560e4b045ce248af919

"The Acne Among Us"

Page 15: Acne—including whiteheads, blackheads, and cysts . . .

Cultivating Health Staff, "What Causes Acne and How Do I Treat It?", *Cultivating Health*, August 24, 2022, Accessed November 6, 2023. <https://health.ucdavis.edu/blog/cultivating-health/what-causes-acne-and-how-do-i-treat-it/2022/08>

Page 15: According to the American Academy of Dermatology . . .

“Treating Acne? Is it Time to See a Dermatologist?”, *American Academy of Dermatology Association*, Accessed November 6, 2023.

<https://www.aad.org/public/diseases/acne/diy/when-derm>

“What’s with Facial Hair?”

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“I’m a Girl with Facial Hair. HELP.”

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Mayo Clinic Staff, “Hirsutism,” *Mayo Clinic*, October 12, 2021, Accessed November 7, 2023. <https://www.mayoclinic.org/diseases-conditions/hirsutism/symptoms-causes/syc-20354935>

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Page 18: Hair removal creams use thioglycolic acid to break down keratin that turns the hair into a pile of mush you can wipe away.

“A Deep Dive on Depilatory Cream,” *Cleveland Clinic Health Essentials*, May 8, 2023, Accessed November 7, 2023. <https://health.clevelandclinic.org/depilatory-cream-hair-removal/>

“Let’s Make Up”

Page 18: Throughout history people have worn makeup in hundreds of cultures across the globe.

Meg Matthias, “Why Did We Start Wearing Makeup?”, *Encyclopedia Britannica*, Accessed November 7, 2023. <https://www.britannica.com/story/why-did-we-start-wearing-makeup>

“Makeup Tips”

Page 19: Dirty makeup brushes, sponges, and applicators can cause infections, which can be very serious!

“How to Clean Your Makeup Brushes,” *American Academy of Dermatology Association*, Accessed November 8, 2023. <https://www.aad.org/public/everyday-care/skin-care-secrets/routine/clean-your-makeup-brushes>

Chapter 3: Doing the Do

“What’s My Type?”

Page 26: Since then people have added subcategories . . .

Annie Blay, "The Definitive Expert Guide To Finding And Caring For Your Curl Type," *Elle*, September 1, 2021, Accessed November 13, 2023.
<https://www.elle.com/culture/a37294694/expert-guide-hair-type-curly-kinky/>

"It's More Than 1 to 4"

Page 27: Porosity: How well your hair holds moisture.

Valencia Higuera, "What Type of Hair Porosity Do You Have?," *Healthline*, August 22, 2019, Accessed November 14, 2023. <https://www.healthline.com/health/hair-porosity>

Page 27: Elasticity: How stretchy your hair is.

"Hair Density and Elasticity Explained," *Tresemme Salon Training*, Accessed November 14, 2023. <https://www.tresemme.com/za/get-the-look/tips-and-tricks/hair-density-and-elasticity-explained.html>

Page 27: Density: How tightly strands are packed together on your head.

"Hair Density 101," *Ouidad*, Accessed November 14, 2023.
<https://www.ouidad.com/blogs/curl-talk/hair-density-101>

Page 27: Texture: How wide a single strand is compared to a piece of thread.

Curls Queen Staff, "The Ultimate Guide On Hair Texture—From Fine To Coarse," *Curls Queen*, October 14, 2022, Accessed November 14, 2023.
<https://www.curlsqueen.com/blog/curly-community/what-is-your-hair-texture.html>

"I Need a New Look STAT"

Page 29: The chemical solution breaks the hair's disulfide bond, and then fixative remakes the bond in the new position.

"Flat Out Risky," Environmental Working Group, April 2011, Accessed November 15, 2023. <https://www.ewg.org/hair-straighteners/our-report/how-to-get-straight-hair-whats-the-best-option/>

Page 29: It does last a lot longer than a glaze or a gloss, though . . .

Kaitlyn Yarborough, "What's The Difference Between Semi-Permanent And Permanent Hair Color?," *Southern Living*, October 19, 2022, Accessed November 15, 2023.
<https://www.southernliving.com/fashion-beauty/hairstyles/permanent-vs-semi-permanent-hair-dye>

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“Hair Problems,” *Medline Plus, National Library of Medicine*, Accessed November 15, 2023. <https://medlineplus.gov/hairproblems.html>

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Zoe Passam, “What is a Keratin Treatment?,” *Philip Kingsley*, April 11, 2022, Accessed November 15, 2023. <https://www.philipkingsley.com/hair-guide/chemical-hair-processing-and-colouring/keratin-hair-treatments.html>

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“Formaldehyde,” *OSHA Fact Sheet*, 2011, Accessed November 15, 2023. <https://www.osha.gov/sites/default/files/publications/formaldehyde-factsheet.pdf>

“The Hair-Nail Connection”

Page 32: Hair and nails (and skin) are part of the outer layer of the body called the integumentary system . . .

Larissa Hirsch, MD, “Skin, Hair, and Nails: The Body’s Protective Layer,” *Kids Health*, November 2022. Accessed January 22, 2024. <https://kidshealth.org/en/parents/skin-hair-nails.html>

Page 32: . . . and contain a protein called keratin.

The Cleveland Clinic, “Keratin,” *The Cleveland Clinic*, June 9, 2022. Accessed January 24, 2024. <https://my.clevelandclinic.org/health/body/23204-keratin>

“Nail Care 101”

Page 33: “Nail Care 101”

Mayo Clinic Staff, “Fingernails: Do’s and don’ts for healthy nails,” *The Mayo Clinic*, January 22, 2022, Accessed January 24, 2024. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/nails/art-20044954>

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Mayo Clinic Staff, “Ingrown Toenails,” *The Mayo Clinic*, February 8, 2022, Accessed January 25, 2024. <https://www.mayoclinic.org/diseases-conditions/ingrown-toenails/symptoms-causes/syc-20355903>

Chapter 4: Feed Me

“Disordered Eating”

Page 38: In the United States alone, 28.8 million Americans will deal with an eating disorder at some point in their lives.

“The Social and Economic Cost of Eating Disorders in the United States of America: A Report for the Strategic Training Initiative for the Prevention of Eating Disorders and the Academy for Eating Disorders (Clinical Report),” *Harvard*, June 2020, Accessed December 18, 2023. <https://www.hsph.harvard.edu/stripped/wp-content/uploads/sites/1267/2020/07/Social-Economic-Cost-of-Eating-Disorders-in-US.pdf>

“What is Atypical Anorexia Nervosa?”

Page 39: The prevalence of diagnosed atypical anorexia by age twenty is triple that of those diagnosed with anorexia.

Stice E, Marti CN, Rohde P., “Prevalence, incidence, impairment, and course of the proposed DSM-5 eating disorder diagnoses in an 8-year prospective community study of young women,” *J Abnorm Psychol*, May 2013;122(2):445-57, Accessed April 24, 2024. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3980846/>

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Page 40: Here are some of the disorders that can affect teens, according to the American Academy of Pediatrics:

David S. Rosen, MD, MPH, “Identification and Management of Eating Disorders in Children and Adolescents (Clinical Report),” *Pediatric Clinical Practice Guidelines & Policies*, 2013, pp. 915–915. https://doi.org/10.1542/9781581108224-identification3_sub01

“Feed Me Discussion Questions”

Page 46: If nearly 30 million Americans will struggle with an eating disorder at some point in their lives . . .

“The Social and Economic Cost of Eating Disorders in the United States of America: A Report for the Strategic Training Initiative for the Prevention of Eating Disorders and the Academy for Eating Disorders (Clinical Report),” *Harvard*, June 2020, Accessed December 18, 2023. <https://www.hsph.harvard.edu/stripped/wp-content/uploads/sites/1267/2020/07/Social-Economic-Cost-of-Eating-Disorders-in-US.pdf>

Chapter 5: Bodies, Bodies, Bodies

Page 47: And it’s gonna bloat up to \$8.5 trillion by 2027.

“Global Wellness Economy Monitor,” *Global Wellness Institute*, 2023, Accessed November 27, 2023. <https://globalwellnessinstitute.org/the-2023-global-wellness-economy-monitor/>

“The Way You Look at Your Body”

Page 49: *The feelings and judgments you have about your body . . .*

Lolly Wool, LPC, NCC, CEDS, “What is Body Image?”, *National Alliance for Eating Disorders*, December 7, 2021, Accessed November 29, 2023.

<https://www.allianceforeatingdisorders.com/what-is-body-image/>

“Let’s Talk about Health”

Page 49: *According to the World Health Organization, “Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity,” . . .*

“Constitution,” *World Health Organization*, Accessed November 28, 2023.

<https://www.who.int/about/accountability/governance/constitution>

“The Genetics of Size”

Page 50: *In fact, this is 80 percent of the reason some people are in bigger bodies.*

“Why People Become Overweight,” *Harvard Health Publishing, Harvard Medical School*, Accessed November 28, 2023. <https://www.health.harvard.edu/staying-healthy/why-people-become-overweight>

“Ten Goals for Physical Wellness”

Page 50: *“Ten Goals for Physical Wellness”*

“Physical Wellness,” *Wellness at Northwestern*, Accessed November 28, 2023.

<https://www.northwestern.edu/wellness/8-dimensions/physical-wellness.html>

“I Like to Move It, Move It”

Page 52: *“The Four Most Important Types of Exercise for Those Who Are Able”*

“The 4 Most Important Types of Exercise,” *Harvard Health Publishing, Harvard Medical School*, August 8, 2023, Accessed November 26, 2023.

<https://www.health.harvard.edu/exercise-and-fitness/the-4-most-important-types-of-exercise>

“You Want to Try Moving Your Body, But . . .”

Page 53: *Movement should make you feel good from the inside out . . .*

Hannah Frazee, BS, ACSM-EP-C, “All the Things Your Body is Telling You About Your Movement Needs,” *National Alliance for Eating Disorders*, August 17, 2022, Accessed November 29, 2023. <https://www.allianceforeatingdisorders.com/movement-needs/>

Chapter 6: Nixing Standards

Commented [JM1]: The question as a header seemed out of place somehow after the previous section. OK to change?

Commented [KC2R1]: Sure. =)

“The Wildflowers of Humanity”

Page 60: There are 195 nations on Earth.

The Editors of Encyclopedia Britannica, “How Many Countries Are There in the World?”, *Encyclopedia Britannica*, Accessed December 4, 2023. <https://www.britannica.com/story/how-many-countries-are-there-in-the-world>

Page 60: If you take skin tone alone, and mix just that one feature with another . . .

“Skintone Guide: Revealing the new PANTONE SkinTone™ Guide,” *Pantone*, Accessed December 4, 2023. <https://www.pantone.com/articles/product-spotlight/skintone-guide-revealing-the-new-pantone-skintone-guide>

Page 61: Chart: Males

“Fashion Model Demographics and Statistics in the U.S.,” *Zippia*, Accessed December 4, 2023. <https://www.zippia.com/fashion-model-jobs/demographics/>

Page 61: Chart: Women wearing a size 14 or above (percentage of U.S. population)

Eliana Dockterman, “One Size Fits None; Inside the Fight to Take Back the Fitting Room,” *Time*, <https://time.com/how-to-fix-vanity-sizing/>

Page 61: Chart: Women wearing a size 14 or above (percentage of fashion models walked in 2023 NY fashion week)

Felicity Hayward, “This Is Exactly How Many Plus-Size Models Walked During Fashion Month,” *Glamour*, March 9, 2023, Accessed December 4, 2023. <https://www.glamour.com/story/this-is-exactly-how-many-plus-size-models-walked-during-fashion-month>

Page 61: Chart: People with disabilities (percentage of fashion models)

Claudia Rose Walder, “Meet Unhidden, the fashion brand changing the game for people with disabilities,” *The Guardian*, September 22, 2023, Accessed December 4, 2023. <https://www.theguardian.com/fashion/2023/sep/21/fashion-statement-unhidden-disabled-fashion>

Page 61: Chart: Women who are 5’9” or taller (percentage of U.S. population)

“U.S. Census Bureau, Statistical Abstract of the United States: 2011,” *U.S. Census Bureau*, 2011, Accessed December 4, 2023. <https://www2.census.gov/library/publications/2010/compendia/statab/130ed/tables/11s0205.pdf>

Page 61: Chart: Women who are 5’9” or taller (percentage of fashion models)

Anisha Singh, "The 15 Types of Models - Which Female Model Type Are You?", *Pixpa*, June 2, 2023, Accessed December 4, 2023. <https://www.pixpa.com/blog/types-of-models>

Page 61: Chart: People with eating disorders (percentage of fashion models)

Margot Rittenhouse, MS, LPC, NCC, "Eating Disorder Demographic Statistics," *Eating Disorder Hope*, March 1, 2022, Accessed December 4, 2023.

<https://www.eatingdisorderhope.com/information/eating-disorder/statistics-demographics>

"Did You Know?"

Page 63: In the late 1700s in France, people powdered their skin white then painted blue lines on top to look veiny.

Sakshi Sharma, "10 Bizarre Beauty Trends Throughout History That You Won't Believe Were Real," *Elle*, March 23, 2022, Accessed December 4, 2023. <https://elle.in/bizarre-beauty-trends-history/>

Page 63: From ancient history to today in the Bodi tribe in southern Ethiopia, the man with the biggest belly is the most attractive.

Louis Brenner, "Histories of Religion in Africa," *Journal of Religion in Africa* 30, no. 2 (2000): 143–67. <https://doi.org/10.2307/1581798>

"Body Types Are Trending: Eww"

Page 63: Here are the women's bodies that were thought of as "ideal" in each decade for the past sixty years:

Taylor Anderson, "How the "ideal" body shape has changed over the last 100 years," *Cosmopolitan*, January 19, 2015, Accessed December 4, 2023. <https://www.cosmopolitan.com/uk/body/news/a32749/perfect-body-has-changed-over-100-years/>

Page 63: Today gym bros have decided that men need to have eight-pack abs . . .

Kevin Loria and Gene Kim, "How the 'perfect body' for men went from chubby to skinny to muscular over the last 150 years," *Business Insider*, July 2, 2017, Accessed December 4, 2023. <https://www.businessinsider.com/how-perfect-male-body-changed-2017>

"A Final Word on Nixing Standards"

Page 65: Not only are you good enough exactly how you are, but most people aren't even thinking about you at all . . .

Dunbar RI, Marriott A, Duncan ND. Human conversational behavior. *Hum Nat.* 1997 Sep;8(3):231-46. doi: 10.1007/BF02912493. PMID: 26196965.

Page 65: *You might believe that other kids have it out for you, but the truth is that half of all teens have self-confidence issues.*

Cornell University, University of Rochester, and the New York State Center for School Safety, "Adolescent Self-Esteem," *ACT for Youth Upstate Center of Excellence*, June 2003, Accessed December 6, 2023. https://www.actforyouth.net/resources/rf/rf_slfestm_0603.cfm

Chapter 7: Call Me This, Not That

"Let's Chat Labels"

Page 76: *Labels can be a shortcut to who you are . . .*

Anna Katharina Schaffner Ph.D., "Define or Be Defined: On Self-Labeling," *Psychology Today*, July 7, 2021, Accessed December 11, 2023. <https://www.psychologytoday.com/us/blog/the-art-of-self-improvement/202107/define-or-be-defined-on-self-labeling>

"2. Labels Can Be Positive"

Page 78: *Not to get all magical on you, but the language we use can literally change our reality.*

Agogué M, Parguel B., "Nudging individuals' creativity using social labeling," *PLoS One* 2020;15(2):e0228961, February 13, 2020, Accessed December 11, 2023. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7018064/>

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"What label have you attached to yourself lately?" *The World Counts*, Accessed December 11, 2023. <https://www.theworldcounts.com/purpose/what-is-labeling-theory-psychology>

Page 78: *Thinking of yourself as generous, kind, capable, or strong actually causes you to be more generous, kind, capable, and strong.*

"What label have you attached to yourself lately?" *The World Counts*.

"3. Labels Can Be Negative"

Page 79: *Before you start calling yourself negative names, ask yourself these questions:*

"What label have you attached to yourself lately?" *The World Counts*.

"Calling In"

Page 81: *One way to handle it is to use the "calling in" technique.*

Jessica Bennett, "What if Instead of Calling People Out, We Called Them In? Prof. Loretta J. Ross is combating cancel culture with a popular class at Smith College," *The New York Times*, February 24, 2021, Accessed December 11, 2023.

<https://www.nytimes.com/2020/11/19/style/loretta-ross-smith-college-cancel-culture.html>

Page 81: Calling them out in that moment or interrupting their bad behavior and stopping further harm to yourself can be effective.

"Interrupting Bias: Calling Out vs. Calling In," *Tufts Office of the Vice Provost for Institutional Inclusive Excellence*, Accessed December 11, 2023.

<https://diversity.tufts.edu/resources/interrupting-bias-calling-out-vs-calling-in/>

Page 81: If your goal is to get someone to stop, maybe don't choose violence, and try this instead:

"Interrupting Bias: Calling Out vs. Calling In," *Tufts*.

Chapter 8: I'm Okay in This Space

Page 87: It's happened all over the country, from parks in California to malls and amusement parks in the Midwest and Northeast.

Avery Hartmans, "Teen bans on the rise: malls, theme parks, and even a Chick-fil-A are requiring chaperones to stop rowdy minors," *Business Insider*, Accessed January 8, 2024.

<https://www.businessinsider.com/teen-bans-curfews-malls-theme-parks-chick-fil-a-2023-4>

"But I Don't Go to a Lot of Places"

Page 89: Your third place is your relaxation spot.

Kaetlyn Liddy, "Do you have a 'third place?' Here's why finding one is key for your well-being," *Today*, August 2, 2023, Accessed January 8, 2024.

<https://www.today.com/life/inspiration/third-place-meaning-rcna94279>

"Problem 2: Someone Doesn't Want Me in the Space"

Page 91: This three-word response can actually shut down negativity by flipping the script on them.

Aditi Shrikant, "Use this 3-word response when someone is rude to you, says Harvard-trained etiquette expert," *CNBC*, April 25, 2023, Accessed January 10, 2024.

<https://www.cnbc.com/2023/04/25/etiquette-expert-use-this-3-word-response-when-someone-is-rude-to-you.html>

"Create Your Own Space"

Page 92: *Here's how:*

"How to Build a Safe Space for Yourself," *Care Counseling*, Accessed January 10, 2024. <https://care-clinics.com/how-to-build-a-safe-space-for-yourself>

Page 92: *Boundaries are limits you set on your own terms . . .*

"How To Set Boundaries With Family — And Stick To Them," *NPR*, January 26, 2021, Accessed April 27, 2023.

Chapter 9: Buh-Bye Frenemies

"Bullying 101"

Page 96: *True bullying, according to the U.S. Center for Disease Control (CDC) . . .*

"Fast Fact: Preventing Bullying | Violence Prevention | Injury Center | CDC." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, September 2, 2021. <https://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/fastfact.html>

Page 97: *. . . your race, national origin, color, sex (including sexual orientation and gender identity), age, disability, or religion.*

Assistant Secretary for Public Affairs (ASPA), "Federal Laws," *StopBullying.gov*, October 6, 2021, Accessed April 27, 2023. <https://www.stopbullying.gov/resources/laws/federal>

"How to Stand Up for Yourself Even If No One Else Will"

Page 101: *One way you can help is by setting boundaries.*

"How To Set Boundaries With Family — And Stick To Them," *NPR*, January 26, 2021, Accessed April 27, 2023

Page 102: *You'll emerge stronger, more confident, and less likely to be anxious or depressed.*

Elizabeth Yuko, "This Is What It Looks Like to Set Healthy Boundaries," *Real Simple*, March 1, 2023, Accessed January 8, 2024. <https://www.realsimple.com/health/mind-mood/emotional-health/how-to-set-boundaries>

Chapter 10: Let's Get Social

"Social Media: How It Started"

Page 112: *A Timeline of Development:*

Kristi Hines, "The History of Social Media," *Search Engine Journal*, September 2, 2022, Accessed January 16, 2024. <https://www.searchenginejournal.com/social-media-history/462643/>

"Social Media: How It's Going"

*Page 112: . . . though some of us *cough* are on it waaaay more than that.*

Stacy Jo Dixon, "Number of social media users worldwide from 2017 to 2027," *Statista*, August 29, 2023, Accessed January 17, 2024. <https://www.statista.com/statistics/278414/number-of-worldwide-social-network-users/>

Page 112: . . . y'all tend to prefer YouTube, followed by TikTok, Snapchat, then Instagram (though we're betting we didn't have to tell you that).

Monica Anderson, Michelle Faverio, and Jeffrey Gottfried, "Teens, Social Media and Technology 2023," *Pew Research*, December 11, 2023, Accessed January 17, 2024. <https://www.pewresearch.org/internet/2023/12/11/teens-social-media-and-technology-2023/>

"Why Is Social Media So Popular?"

Page 112: . . . like chomping on mouth-watering food, finishing a tough workout, or having a spectacular convo with a friend.

Trevor Haynes and Rebecca Clements, "Dopamine, Smartphones & You: A battle for your time," *Harvard University Science in the News*, May 1, 2018, Accessed January 17, 2024. <https://sitn.hms.harvard.edu/flash/2018/dopamine-smartphones-battle-time/>

Chapter 11: "Wow, You've Lost Weight"

"When Words Are a Kick in the Shin"

Page 125: . . . almost half (nearly 700!) said it made them feel worse than before they had social media accounts.

D.S. Bickham, E. Hunt, B. Bediou, & M. Rich, "Adolescent Media Use: Attitudes, Effects, and Online Experiences," *Boston Children's Hospital Digital Wellness Lab*, August 2022, Accessed January 23, 2024. <https://digitalwellnesslab.org>

"But I'm the One Getting the Body Comments"

Page 126: How do you shut it down if people ask you questions, make comments, or give you compliments you don't want?

“How to Talk with Family Members Who Make Body Comments,” *Kindful Body*, August 2022, Accessed January 24, 2024. <https://www.kindfulbody.com/blog/how-to-talk-with-family-members-who-make-body-comments>

“Ten Responses That Help You Stand Your Ground”

Page 127: I’m offended by the comment about my hair. It makes me feel like I’m being othered .

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N. Akbulut and O. Razum, “Why Othering should be considered in research on health inequalities: Theoretical perspectives and research needs,” *SSM Popul Health*, 2022;20:101286, November 5, 2022, Accessed January 24, 2024. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9672483/>

Chapter 12: Battling Mind Sludge

“Those Sludgy Thoughts”

Page 133: We remember the negative more than the positive because of our survival instincts . .

.

Laura L. Carstensen and Marguerite DeLiema, “The positivity effect: a negativity bias in youth fades with age,” *Current opinion in behavioral sciences* vol. 19 (2018): 7-12, doi:10.1016/j.cobeha.2017.07.009, Accessed January 29, 2024. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6186441/>

“ID the Sludge-Thought Patterns”

Page 133: Sludge thoughts, aka “negative thinking patterns,” are ways we think about stuff that can convince us of things that aren’t always true.

“Identifying Negative Automatic Thought Patterns,” Harvard University Stress and Development Lab, Accessed January 29, 2024. <https://sdlab.fas.harvard.edu/cognitive-reappraisal/identifying-negative-automatic-thought-patterns>

“The Remix: Let’s Get Out of This Muck”

Page 135: If you need a few ways to pull your feet out of the muck, try these:

“Positive Reframing and Examining the Evidence,” Harvard University Stress and Development Lab, Accessed January 30, 2024. <https://sdlab.fas.harvard.edu/cognitive-reappraisal/positive-reframing-and-examining-evidence>

“It’s All in Your Mind”

Page 136: . . . where you believe that you’re as good as you can possibly get right now.

Jessica Schrader, "15 Ways to Build a Growth Mindset," *Psychology Today*, April 11, 2019, Accessed February 13, 2024. <https://www.psychologytoday.com/us/basics/growth-mindset>

"Why Do I Freak Out?"

Page 137: . . . override your prefrontal cortex, the rational center, and make you fly off on some emotion.

Matthew Dixon, PhD, "Does the Amygdala Hijack Your Brain?" *Psychology Today*, January 3, 2023, Accessed January 30, 2024. <https://www.psychologytoday.com/us/blog/202301/does-the-amygdala-hijack-your-brain>

Page 137: Accept them, and take some deep breaths . . .

Michael R. Goldstein , Rivian K. Lewin & John J. B. Allen, "Improvements in well-being and cardiac metrics of stress following a yogic breathing workshop: Randomized controlled trial with active comparison," *Journal of American College Health*, 70:3, 918-928, DOI: 10.1080/07448481.2020.1781867, July 15, 2020, Accessed January 30, 2024. <https://www.tandfonline.com/doi/full/10.1080/07448481.2020.1781867>

"Staying in the Glow"

Page 138: . . . tiny moments that bring you that ahhhhh feeling of peace, happiness, or enjoyment.

Deb Dana, *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation* (New York City: W. W. Norton & Company, 2018).