

weightwatchers  
**weekly**

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Stand Up  
to **STIGMA**

Shift your thinking to overcome weight-related negativity.

# Stand Up to STIGMA

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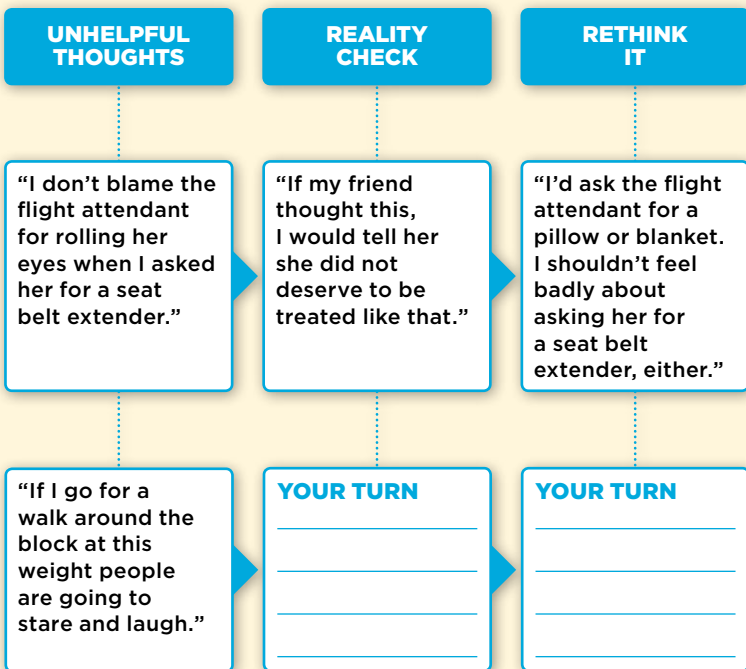
**Have you ever faced weight stigma?** If you suspect your body size has negatively affected how someone views or thinks about you, or you've been called a hurtful name because of your weight, the answer is yes. Being seen as inferior because of your size or weight has a name: discrimination. It's especially common for women, who are more likely to be stigmatized than men are. Weight stigma can come from anyone—a loved one, a coworker, your doctor, even a passerby. What makes this form of stigma unlike others is that we might believe it's true, blaming *ourselves* for being stigmatized rather than the person who was unkind to us. Some people affected by stigma turn

to food to cope; for others, it chips away at their self-esteem, which has other harmful effects.

**How can you overcome it?** Recognize that stigma might happen—but that you don't have to let it hurt you! You can develop coping skills to counter negative feelings so you don't turn to food in response. One way to counter stigma's harmful effects is to bring to light the times when your feelings are hurt because of stigma, then reality-check the negative thoughts that result from those negative feelings. This process can help you create a new line of thinking that leads you away from shame and toward helpful thoughts.

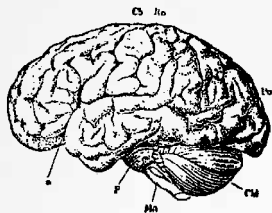
# WHAT TO DO: REALITY-CHECK YOUR SELF-TALK

If an unkind word, a snicker, or even an eye roll sets off a round of self-blaming, practice learning to turn it around. Use the model below to reality check an unhelpful, negative thought and create a new, helpful thought.



## FOLLOW UP

The next time you face weight stigma, turn your unhelpful thoughts into helpful ones. Identify your immediate thought and use the same process as above to transform your thought into a helpful one.



## THINK AGAIN

It can be hard to redirect negative self-talk, especially when it's triggered by someone else. Here, some examples of how to shift your mindset:

### UNHELPFUL

"I ordered dessert tonight at dinner and the waiter gave me a look. I knew I shouldn't have ordered dessert!"



### HELPFUL

"I ordered dessert tonight at dinner—and it's my choice if I want to spend my SmartPoints® values on dessert. It was really rude of the waiter to roll his eyes at me."

### UNHELPFUL

"When I went to the doctor after starting my plan he barely acknowledged my progress and said that I still needed to lose weight. I guess he's right."



### HELPFUL

"I may want to lose more, but the number on the scale isn't all that matters. I've set other non-scale goals since starting my plan. Next time, I'll remind my doctor that it's not only about the scale."

**YOUR TURN!** Think of a time when someone was mean to you because of your weight. Write an **unhelpful** thought you had in reaction. Give it a reality check. Now, what is your **helpful** thought? Write it here.

### UNHELPFUL

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### HELPFUL

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# INSPIRATION FROM OUR COMMUNITY!



"GIVE YOURSELF ENOUGH LOVE THROUGH YOUR OWN WORDS. START LOVING ON YOURSELF."

—OPRAH

"How you respond to mean people will determine your reality. Never stop searching for friends who want to see you bloom."

—PGASOCCER\*



"BEFORE WW, I FELT THAT I WAS LOOKED AT AND TREATED DIFFERENTLY BECAUSE OF MY SIZE. NOW I KNOW SIZE HAS LITTLE TO DO WITH CAPABILITY AND SUCCESS." — VALERIE

"Just because I'm overweight doesn't mean I'm not successful in every other aspect in my life."

—UHULBERT82\*

\*Posted on Connect on the mobile app (for subscribers).



How do you **#StandUpForYourself?**  
Share on Connect on the mobile app (for subscribers).



From [weightwatchers.com](http://weightwatchers.com)

[EASY ENTRÉE]

## GOAT CHEESE-MUSHROOM QUESADILLAS WITH CHIPOTLE CREAM

A little bit spicy and super-satisfying!

7 SmartPoints® VALUE PER SERVING // PREP 16 MIN // COOK 18 MIN // SERVES 4

- |  |   |
|--|---|
| 2 sprays cooking spray                     | ¾ cup reduced-fat sour cream  |
| 2 cups sliced cremini mushrooms            | 2 tsp minced canned chipotle peppers in adobo sauce (or 1 tsp for mild) |
| 2 cups fresh baby spinach                  | 1 pinch table salt  |
| 1 cup minced shallots                      | 4 medium whole-wheat tortillas, 7 to 8 inches each                      |
| 1 small jalapeño pepper, seeded and minced | ½ cup crumbled semisoft goat cheese                                     |
| ½ tsp dried oregano                        |   |
| ½ tsp salt                                 |   |

Coat a large nonstick skillet with cooking spray; heat over medium-high heat. Add mushrooms, spinach, shallots, jalapeño, oregano, and ½ tsp salt; sauté until vegetables have softened, 5-10 minutes. • In a small bowl, stir together sour cream, chipotle peppers, and a pinch of salt. Spread half of each tortilla with 1 Tbsp cream mixture; top cream mixture with ¼ of vegetables and 2 Tbsp goat cheese. Fold empty tortilla halves over filling; press down gently to close. • Off heat, wipe out skillet and coat with cooking spray; heat over medium-high heat. Cook quesadillas, flipping once, until lightly toasted and cheese melts, 3-4 minutes per side. • Yields 1 quesadilla per serving.

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No Artificial Flavors.  
Deliciously **Decadent.**



Dark Chocolate Raspberry  
Ice Cream Bar:  
3 SmartPoints®  
value per bar

